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Portugal's National Newspaper in English
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EN125 overhaul sparks fears of pending tolls

Once notorious for being one of Europe's deadliest and most dangerous roads, the EN125 has long been the subject of sporadic safety work and improvements. However, as of May, the road, which crosses the Algarve from one end to the other, is to undergo a huge overhaul in an attempt to dispel its less favourable reputation once and for all. (See Page 2)

Portuguese anti-pirate ship extends Somali stay

Portuguese warship NRP Corte-Real is set to steam back to the Gulf of Aden this week after NATO decided to extend its anti-piracy work off the coast of Somalia, writes Alison Bevege, who has been filing reports for The Portugal News the past few weeks onboard the anti-pirate vessel. (See Page 3)

Banks violate customer rights every day

According to the Bank of Portugal (BdP), complaining clients are in fact right in nearly 50 percent of cases as banks violate their rights on a daily basis, and up to 19 times a day. (See Page 6)

Traffic offence registry wiped clean

A law decree dating back to 1 July 2008, and which was approved in February, has resulted in an administrative amnesty for the country's worst traffic offenders, awarding them a clean slate and saving thousands more from potentially losing their driver's licences. (See Page 18)

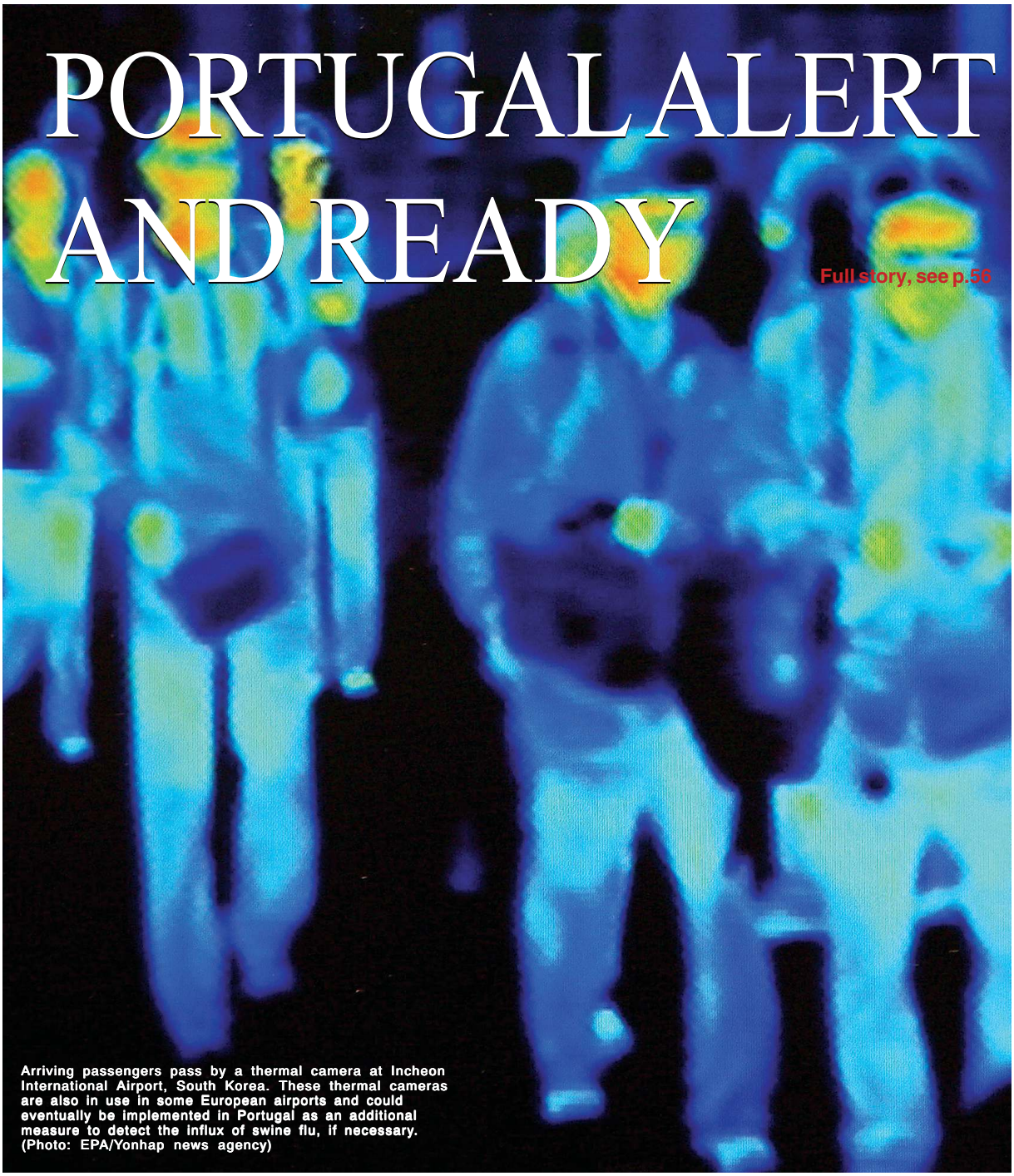
Weekend weather

Lisbon: Partly cloudy days are forecast, but Lisbon is expected to be one of the warmest cities in the country over the next few days. **Faro:** Some cloud cover is expected this weekend, and temperatures will continue to be in the low twenties. **Oporto:** Similarly, the north will experience good weather this weekend, with maximum temperatures moving into the high teens though nights will remain cool.

As the number of swine flu cases rise across the globe, officials here say they are prepared for it.

PORTUGAL ALERT AND READY

Full story, see p.56



Arriving passengers pass by a thermal camera at Incheon International Airport, South Korea. These thermal cameras are also in use in some European airports and could eventually be implemented in Portugal as an additional measure to detect the influx of swine flu, if necessary. (Photo: EPA/Yonhap news agency)

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Mega overhaul of 'Europe's deadliest road' starts this month

Once notorious for being one of Europe's deadliest and most dangerous roads, the EN125 has long been the subject of sporadic safety work and improvements. However, as of May, the road, which crosses the Algarve from one end to the other, is to undergo a huge overhaul in an attempt to dispel its less favourable reputation once and for all.

This week Prime Minister José Sócrates officially launched a public tender to determine which company will be responsible for carrying out the work, which will commence in May.

It is hoped that the overhaul will reduce the loss of life on the regional road by 35 percent.

Between 1998 and 2007, 290 people died on the EN125. And despite an improvement in statistics having been documented in 2008, during the first quarter of this year ten people have already died on the stretch, two more than during the same period last year.

Overall the regional upgrade, which will cover 273 kilometres of road in total, nearly 30 kilometres of which will be new roads, is hoped to take no longer than three years to complete and will include the construction of 64 roundabouts to replace the current crossings, which are the road's 'blackest' spots.

Four new access roads and service areas are also included in the project.

Prime Minister Sócrates described the plan as a "strategic intervention" that represents an investment in road safety and said "This is also an investment in the Algarve's economy, which is crucial in the area of tourism".

"It wasn't done earlier, but it is being done now. Now is the right time as the economy needs it and it is a good way to combat the crisis", he added.

Public Works Minister Mário Lino underlined the project was "fundamental" to the Algarve.

"We have a new challenge, which is to have major works going on in May, but it will bring employment to many people. More than one thousand workers and 40 companies are waiting for this project to begin", elaborated Minster Lino.

He guaranteed the region that until the works are complete, no tolls will be implemented on the A22 – Via do Infante.

"At this moment the EN125 is not an alternative to the A22. And while the Government argues, as a rule, that motorways should incur usage charges, there must be positive discrimination".

Named the 'Algarve Litoral', the 'new' road will cost €280 million, €129 million of which will be regained.

Prime Minister José Sócrates talking during the opening ceremony of the launch of a public tender which aims to recruit companies for the revamp of the EN125.

Gov't looking to up compulsory schooling age to 18

Students who in the next school year will be in their 7th year, will, obligatorily, have to complete 12 years of education and stay in school until they are 18 under a new law the Government will introduce this year, raising the current compulsory schooling age by two years, from 16 to 18.

This was initially proposed and created for the Government's programme in 2005, but was postponed to be introduced after the next election.

However, it was decided in Parliament by current Prime Minister José Sócrates that its implementation should be brought forward, and will be in effect as of the beginning of the next school year.

PM Sócrates also announced that more student grants will be available for needy families who benefit from scale one and two social benefits, and whose children are in full-time education.

"The total school grant will be twice the amount of incoming child benefits", he said, which together should represent additional monthly support of around €138 for scale one beneficiary students, and €105 for scale two beneficiaries.

It has been estimated that this financial boost in education grants will cost the Government €45 million per year, rising to over €1 billion, in the next three years.

Sócrates described the "financial effort" as being a "sure investment in the country's progress", as "education in Portugal is a priority".

He added "By supporting families in this area we are promoting economic success, social justice and equal opportunities".

Another of the Government's main targets for the near future is to make all pre-school education free for families who receive scale one and two benefits and who have children aged five or under.

No official date for the introduction of this measure has been announced, though the Prime Minister did confirm negotiations with local authorities and private social aid institutions are ongoing.

Both the National Confederation for Parent Associations and the Independent National Confederation for Parents has congratulated PM Sócrates' government on the measures that are to be implemented.

Portugal's children amongst least happy in Europe

A study conducted by York University in the UK has revealed that, regarding its children's happiness and quality of life, Portugal lags behind the rest of Europe. On a list containing 29 countries, Portugal ranks near the bottom, placed 21st.

It is not the first time that, when assessed in international surveys, the Portuguese have been portrayed as a more melancholic nation.

In 2007, after interviewing 20,000 people from 15 EU state members, a study by Cambridge University also concluded that, concerning life in general, the Portuguese and the Italians were the most unhappy and unsatisfied nationalities in Europe.

However this latest study focused more on indicators of quality of life and behavioural patterns of children up to the age of 19, based on statistics from 2006 and calculated using 43 different gauges such as child mortality, poverty and obesity. It concluded that Europe's happiest children live in the Netherlands and Scandinavia, while France is situated somewhere mid-level, and the UK ranks even lower, at 24th on the list of 29 countries, three positions beneath Portugal.

Sweden and Norway ranked third and fourth respectively, with Germany in eighth place and France in 15th.

At the bottom of the table were Romania, Bulgaria, Latvia, Lithuania and Malta.

Portuguese anti-pirate ship extends Somali stay

Portuguese warship NRP Corte-Real is set to steam back to the Gulf of Aden this week after NATO decided to extend its anti-piracy work off the coast of Somalia, writes Alison Bevege, who has been reporting for **The Portugal News** the past few weeks onboard the anti-pirate vessel.

Merchant vessel United Ambassador panics when fishing skiffs come out of nowhere at sunset, speeding up and turning on its firehoses. A dolphin leaps in the firehose spray. Picture: courtesy of NATO

As flagship of NATO's Standing Naval Maritime Group One, the escort frigate had been escorting merchant ships, including one carrying radioactive material, since last month.

It left for Pakistan on a planned port visit on Saturday (April 25) but will now miss courtesy port visits in Singapore and Australia to return to the Gulf in the wake of continued and escalating pirate attacks.

The grey ship has been guarding vessels deemed to be at severe risk of pirate attack in their journey through the Gulf of Aden shuttling them east to west and back again along a 900km international transit corridor that splits the waters between Somalia and Yemen.

Jittery merchant ships cluster near the convoys, grateful of the presence of the warship in the dangerous waters.

It is the first time Portugal has deployed a naval asset in the fight against Somali piracy.

The ocean highway is used by about 23,000 merchant ships each year according to the International Maritime Bureau, and is believed to carry up to 90 percent of the sea trade between Europe and Asia.

While all hell has broken loose in the Indian Ocean, it is these quiet patrols that have kept the vital sea lane open.

Ship's Captain, Commanding Officer António Alexandre said the crew had learnt a lot about operating in the heat of the tropics.

"It is different working here with a sea temperature of up to 30C and relative humidity sometimes of 90 percent," he said.

"We have also learnt about the modus operandi of the pirates and what they do to attack ships. Now we are more confident and more prepared to face the pirate threat than before as we know how they work, the tactics and equipment they use."

There are now about 16 warships patrolling the Gulf, but terror is never far from the surface of the busy waterway with its constant procession of tankers, dhows, cargo vessels and frigates.

Occasional flocks of high-speed skiffs weave in and out of the traffic in pursuit of fish, scaring the daylights out of trading vessels who assume they are pirates.

At sunset on a recent escort mission the Corte-Real's convoy passed Greek-flagged oil tanker United Ambassador. Nine skiffs appeared from nowhere chasing a pod of dolphins who had found a school of fish.

Despite the presence of the warship the tanker panicked, turned on its firehoses full blast and sped up to 15 knotts. Dolphins began leaping from the giant bow-wave thrown out by the fleeing tanker, delighted by the diversion.

But the merchant vessel had good reason to be afraid.

After a series of successful stings last year, which netted millions in ransom dollars, the number of pirate attacks exploded.

At least 300 crew members from around the world are now being held hostage by Somali pirates according to the International Maritime Bureau.

Vessels most at risk of pirate attack are those that are slow or those with low-lying decks that sea-bandits can catch with a grappling hook or rope ladder, said Corte-Real's executive officer Lieutenant-Commander Humberto Rocha.

"Those are the ships that have poor manoevering capability," he said.

"But other ships also join the convoys, taking the opportunity to travel with the warship. They are more comfortable that way."

Pirates hide among the fishing skiffs, and despite the high-tech radars and infrared binoculars on board the warship, it is impossible to tell the difference between pirate and fisherman until they make a move.

To complicate matters, captains in the NATO fleet must cope with murky legal issues. So far, NATO warships have had to revert to national laws for dealing with captured pirates - in some cases leading to their immediate release.

While politicians have been quick to criticise, those patrolling the Gulf have made it clear they need effective legal support to do their jobs.

But whether pirates are detained or not, navy sailors believe the only real and lasting solution is onshore in Somalia.

"We can try to defend commercial shipping but there is work to be done on the shore," Lt-Cdr Rocha said.

"Being a pirate is a consequence of the situation in Somalia. For the last 20 years there has been non-government and chaos."

"And ransoms make it self-reinforcing. With the ransom they have money to finance more operations - it's a snowball effect."

But with no solution in sight for Somalia, the grey ships will not be leaving the area any time soon.

Alison Bevege

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Don't miss 'the greatest family party' in the Algarve. Two whole days for you to enjoy the best that the international community in the Algarve has to offer.

Stands

There will be over 150 stands with everything for the home, garden and lifestyle. Stands will be offering advice on travel, home improvements and finance, there will be lots to buy including fashions, books, art, decor, specialist foods, pets products and visitors can enjoy beauty treatments and health advice.

Algarve Dog Show

Purely for dog lovers - training seminars, grooming demos, dog displays and more.

Games Area

Especially for children (but adults will like it too). Fairground games, bouncy castle, lots of prizes.

Fire & Rescue displays all day

The Lagoa firemen plus fire engine, ambulance and special 'rescue' and lifesaving demonstrations for children and the chance to put out a real fire!

The Algarve Wine Festival

Set in a special marquee, Lagoa City Hall will be staging their annual wine festival.

Green Challenge

Local schools have taken up the challenge to help save the planet. Their ideas will be on display in the Pavilion.

Motor Show

Lots of new vehicles to inspect and dream over.

Food Arena

Several international restaurants serving delicious food including Pizza from Italy, Surinam Food, Salads, Wraps, Hog Roast from UK, Chicken Piri-piri w/ *Batata Frita* from Portugal, Vegetarian, Tapas from Spain, Curries from India and Pies from the UK.

All Day Entertainment

Peruvian band, children's ballet, choirs, music & singing, line-dancing in the evenings and our special parade at 12.00, 15.00 and 17.50 hours each day with the Algarve Fair jingle.

Children's Fancy Dress

Children are invited to come to the fair in fancy dress and join in the parades

Arts & Crafts Market

A dedicated section for artisans to show off their wares in a beautiful tented area. Some wonderful products will be on offer.

The Portugal News Café

Come and enjoy the hospitality of The Portugal News in their special café situated in the Pavilion. Buy a *bica* and a *pastel de nata* for €1.50 and you'll receive the free travel hairbrush and mirror which commemorates the 1000th edition of The Portugal News.

Entrance & Prizes

Entrance costs only €3 per person and children under 12 are admitted free.
There are competitions to win, bargains to grab in the marquee, displays & demonstrations, new products to discover, it's a great day out for all the family, and full of surprises.

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International Algarve Fair, bigger, better, and bursting with fun for all the family

On May 30th and 31st the annual International Algarve Fair will again fill the FATACIL fair ground in Lagoa, offering a fantastic day out for all the family. This year there will be more to see, do and savour than ever before, with loads of new introductions that have been specially thought up to make sure you have the best day ever.

Opening on both days from 11h00 right through to 19h00, this year the variety of stands holds no comparison to previous years, with around 150 companies showcasing the finest of their wares. These range from beauty treatments to handicrafts, clothes, furniture and everyday items and services.

Everything imaginable for gardens will be on display, from specialist outdoor furniture to pool products and plants.

The fair will again feature the popular Motor Show, with brand-new vehicles on show from makes including Seat, Fiat, Chrysler, Jeep, Honda and Opel. So if you are shopping for a new car, don't make your mind up until you have seen what is on offer at the fair.

For the first time this year the International Algarve Fair will be hosting a Dog Show, which will no doubt thrill animal lovers with obedience and grooming demonstrations, with seminars on agility and obedience by guest speaker Roger Mugford, owner of the internationally acclaimed 'Company of Animals'.

As usual there will be all-day entertainment, this year specifically designed to involve all members of the family.

By popular demand the Ecuadorian Musical Group will be back, with their mesmerising live performances, there will be ladies' and children's' fashion shows, as well as street dancing and ballet performances.

Three times a day visitors will be delighted by the International Algarve Fair parade, another new introduction in which members of the staff will be dressed up in gorgeously elaborate costumes by Anya Phillipart, and will float around the fair singing along to the fair's jingle, which was composed by acclaimed performer Paul Phillipart and can also be heard as of next week on KISS FM.

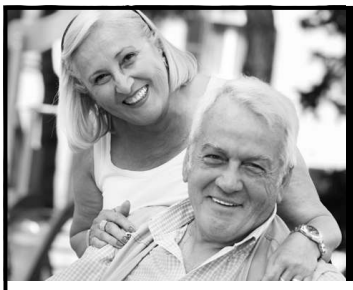
Children are welcome to join in with the fancy dress theme, or make the most of activities put on by the fair's regular children's entertainers, Circo Pequeno, who will be adding flair and fun with their usual array of stilt-walkers, jugglers and other colourful performers.

As always, the bouncy castle will be situated in the arena, alongside new fun and games activities, this time in the shape of traditional fair games like a Coconut Shy, Hook a Duck, Tin Can Alley and Dutch Shuffleboard. A wealth of fabulous kiddies' prizes are just waiting to be won.

On both evenings there will be more live entertainment courtesy of well-known Country & Western singer JJ Johns, which will also feature line-dancing demonstrations and all are welcome to join in!

For lunch and dinner, visitors this year will be spoiled by the extent of global choice that is lined up. Pizza, Surinamese and Indian meals are complimented by new additions like wraps and salads, chicken piri piri and chips, a hog roast, tapas dishes, vegetarian delicacies, and a cocktail bar, as well as the long-standing favourite, assorted pies.

There are still a few stands left, so if you would like your company or product to be part of the Fair, for prices, or for more information, call: (+351) 282 380 317, e-mail: sales@algarvefair.com, or see the website: www.algarvefair.com.



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Banks violate customer rights on a daily basis

Vitor Constâncio the Governor of the Bank of Portugal at a press conference on 14th April in Lisbon. (Photo: José Sena Goulão /Lusa)

According to the Bank of Portugal (BdP), complaining clients are in fact right in nearly 50 percent of cases as banks violate their rights on a daily basis, and up to 19 times a day.

Last year, nearly 14,000 complaints were made to the Bank of Portugal regarding various banks in Portugal, and in almost half of these cases the clients were in fact right to have complained.

In total, 6,861 people made justifiable complaints, generally concerning deposits and consumer credit, which is an average of 19 valid complaints per day.

In 52 percent of cases the objections filed were considered irrelevant, but in the remaining 48 percent of situations (almost 7,000 individual complaints) the client had good reason to complain.

This is according to a report by the BdP's Behavioural Supervision Department, relating to 2008.

There is an apparent rise in the number of complaints being made against banks. Last year 48 per cent of complaints were justifiable, in comparison to 39 percent the previous year, a rise of almost ten percent.

Topics such as transfers, cheques, cards, money operations and direct debits were, surprisingly, less frequent issues of discontent.

Foreign aid up but country still amongst lowest donators

Portugal's aid to the developing world last year totalled €470 million, up 21 percent year on year, but not enough to lift the country from near the bottom of the league table of donor states, according to figures from the Organisation for Economic Cooperation and Development (OECD).

In 2008, Portugal's aid contribution was 0.27 percent of Gross National Income (GNI), placing the country as the fifth-lowest donor among 22 states comprising the OECD's Development Assistance Committee (DAC).

Sweden (0.98 percent) tops the table of countries with the highest percentage of GNI channelled into development aid, followed by Luxembourg (0.92 percent), Norway (0.88 percent) and Denmark (0.82 percent). Lisbon's foreign aid budget still falls significantly below the EU's recommendation of 0.33 percent.

African Lusophone states and East Timor are the primary recipients of Portuguese development aid, according to Portugal's IPAD state development agency.

TPN/Lusa

Airports look to retail to compensate losses

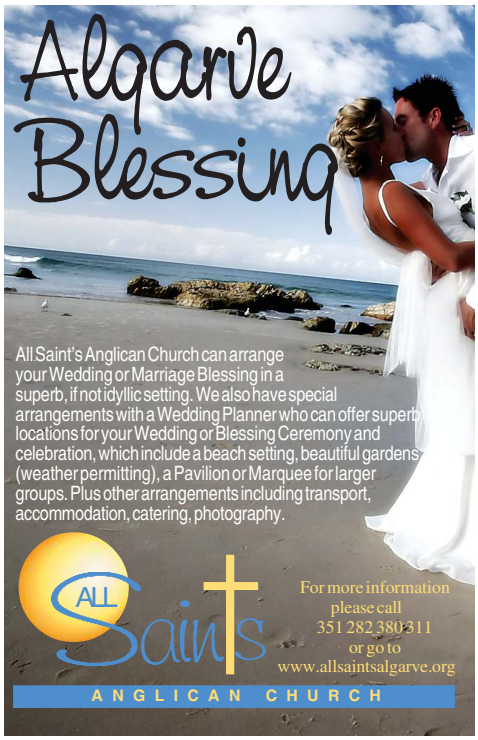
To compensate financial losses caused by a slump in airport taxes, national airport managing company ANA is looking to increase profits within their retail and rent-a-car industries.

ANA – which runs Oporto, Lisbon and Faro's airports – is adopting its strategies to boost revenue.

The company's commercial director Luís Rudolfo, said "ANA must think strategically about its mid-term plans and those should not be based on aviation but retail and rent-a-car industries, which have great potential for growth".

He explained that the need for this new strategy emerged from a "shift in Portugal's aviation paradigm", and that ANA was no longer a mere supplier for the air-traffic infrastructure, but now had to manage intelligent platforms" and various other businesses as well as aviation.

The reduction in airport revenue Luís Rudolfo blamed on added pressure from low-cost airlines, explaining that this currently makes up 35 percent of ANA's overall income, while in other airports it represents between 40 and 50 percent.



Inspectors vow to clamp down on 'parallel' tourist accommodation

Health and safety officials (ASAE) have vowed to reinforce a law that was introduced a year ago and which facilitates the now compulsory legalisation of unofficial accommodation used by tourists by clamping down on the thousands of property owners who have so far ignored the law.

Thousands of property owners and rental agencies in the Algarve have so far taken no action whatsoever in legalizing their abodes, despite the year-old law stating it is obligatory.

While tourism authorities hope that the 'Simplex' system – which was devised and introduced to literally make the process simpler – will encourage 'clandestine' accommodation owners to 'come out', regional ASAE director Filipe Meirinho has guaranteed that this summer its officials will make an effort to increase inspections.

"We are going to act", he said last week, admitting that "in the beginning there was some difficulty" in the way the procedure was interpreted.

Loulé Mayor Seruca Emídio revealed that since the law was implemented the City Hall has only received some 200 applications.

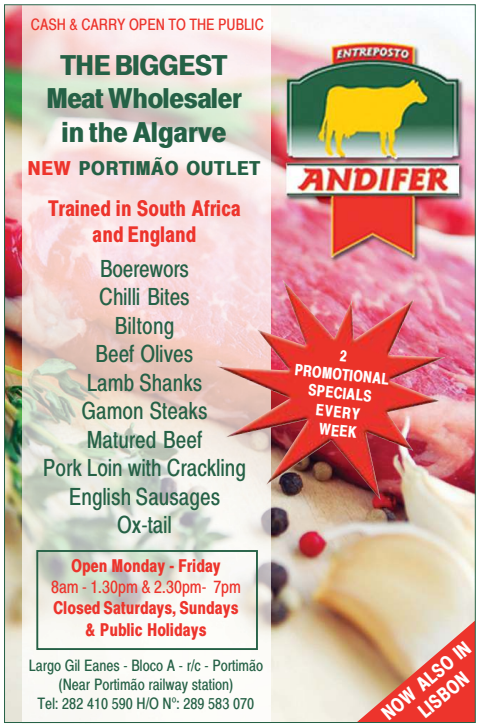
Meanwhile António Pina, head of the Regional Tourism Board (ERTA), said he had calculated that over the past 12 months between 200,000 and 300,000 once-clandestine beds (otherwise called 'parallel beds) had been legalized.

Controversy surrounding parallel beds peaked around three years ago when ASAE started fining those who rent out accommodation to tourists without official paperwork entitling them to do so.

However, once the law reinforcing the situation was implemented, business associations protested that the procedure was "almost impossible" to follow, and that bureaucracy for legalizing private accommodation, such as a villa or an apartment, was on a par with the procedure for legalising a tourist resort.

In theory, a simple requisition made to the mayor of the local City Hall is all that is required to legalise private tourist accommodation, though it appears thousands of property owners have still declined to initiate procedures.

Photo: View over Praia da Rocha taken from the sea. (Photo: Luis Forra / Lusa)



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Be Life Confident

Don't let the investment tail wag the tax dog

It may not be absolutely clear at the moment whether stockmarkets and other asset classes have now hit the bottom and are starting to recover or whether the recent G20 summit demonstrated that the world does not seem to be moving towards the Armageddon scenario that has been priced into most investments. Nevertheless, most industry specialists are in agreement that assets classes - and in particular equities and bonds - are cheap.

We are advised that when markets are cheap, we should look to buy and we should hold if we are already invested. On one side of the coin people are recognising this and are investing; on the other side the financial crisis has left people too nervous to invest at the moment. History has shown us that unfortunately by the time these people have the confidence to invest they have missed a significant part of the potential upside gains. According to Global Financial Data, since the 1930s, the average 'Bull' market that has followed a 'Bear' market has lasted 57 months and has generated a total return of 164% from the bottom of the market, with 45% of the growth coming in the first 12 months.

That said, statistics also demonstrate that at the bottom of 'Bear' markets many people are too nervous to invest.

Locally authorised and approved investment bonds are used by a great number of expatriates in Europe to protect themselves from tax. I'm not talking about hiding money in tax havens, but in a similar fashion to ISAs in the UK these products are recognised as legitimate tax efficient investments by each country.

Investment bonds are widely used throughout Europe and therefore are very effective from a tax perspective in the event that you choose to move to another country. They are also particularly useful vehicles in the event that you are UK resident, or that you are UK resident and planning to become non-resident, or you are currently non-UK resident but will become UK resident.

In essence, the tax benefits of these vehicles can extend well beyond purely protecting income and gains from local taxes, but this is dependent on the country that you are tax resident in.

The dilemma for people who are too nervous to invest at the current time is that they could end up paying significantly more tax than they need to in the event that one or both spouses dies before they have the confidence to invest in the investment bond structure.

Is there a solution? Many investment bonds are known as 'open architecture', which means that you can choose from a myriad of funds and asset classes. This means that investors who may not have the confidence to invest in stockmarkets or bonds at the moment can work with their adviser to put together an investment programme that they do have confidence in and immediately benefit from the tax advantages available from these products.

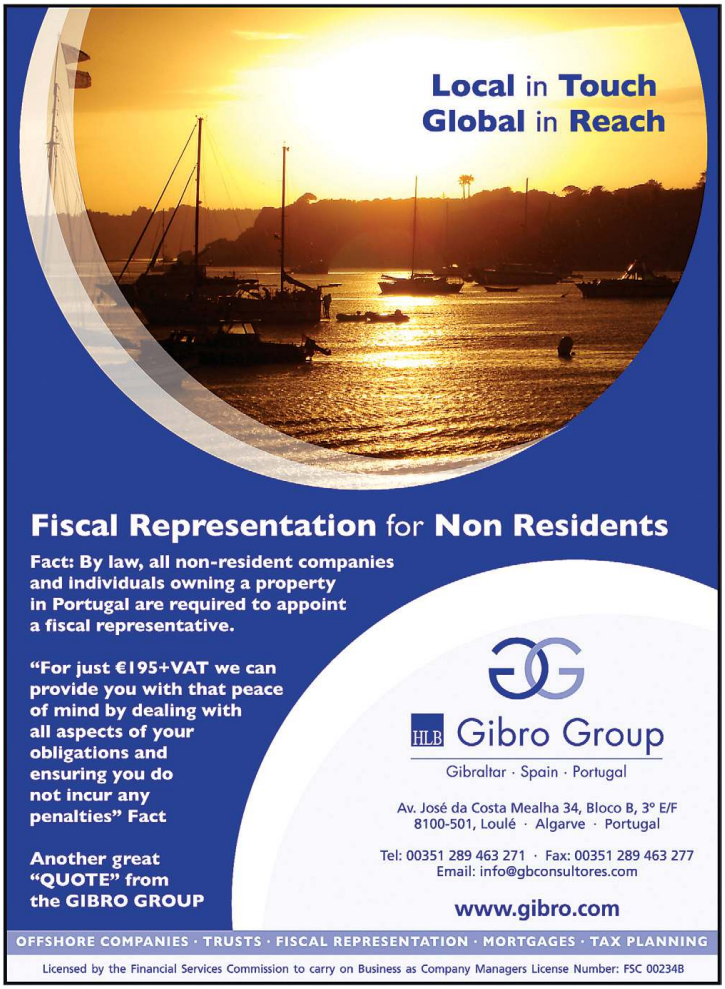
If you already have an investment portfolio but you are waiting for the markets to improve before moving it into the investment bond to generate the tax advantages, the 'open architecture' approach can also help as it enables you to replicate most investment strategies so that you are able to dispose of your portfolio and move into the investment bond and immediately generate the tax benefits without being out of the market when the asset classes recover.

Predicting currency movements can be as difficult as predicting the British weather, however, with Sterling having weakened against the Euro, many expatriates are currently unwilling to transfer their investments into Euros in the hope that Sterling does strengthen. By deferring the decision to invest in the hope that Sterling strengthens can put many into a position where they are exposed to more tax than they need to be.

There is a misconception that by transferring into locally authorised investment bonds you need to transfer into Euros. Although that is the case with some products, it is certainly not the case with all of them and you can elect to invest in Sterling, Euros or indeed most other major currencies. It is also possible to invest in Sterling and switch to Euros later or vice-versa.

To summarise, if you are delaying your tax planning strategies because of nervousness about asset classes or current exchange rates, there are solutions available to help you, however, you need to speak to an experienced and qualified adviser such as Blevins Franks.

Bill Blevins, Financial Correspondent, Blevins Franks. To keep in touch with the latest developments in the offshore world, check out the latest news on our website www.blevinsfranks.com



Regional advertising survey launched

In May, press and marketing watchdogs *Marktest* and *MeioRegional* are to launch their 2009 Regional Press Barometer, which analyses the financial viability of advertising in more than 70 regional newspapers in mainland Portugal.

This newly-formed partnership has allowed, besides continuity of the study, the expansion of the number of publications that were taking part.

This will offer more variety concerning advertising planning and investment.

Marktest and *MeioRegional* are therefore providing the market with a source of fundamental information to manage and optimize investments regarding advertising in the press, by district and region.

For more information, go to: www.meioregional.pt.

EU current account deficit at €57.3bn

According to the latest revisions, the enlarged European Union external current account recorded a deficit of €57.3 billion in the fourth quarter of 2008, compared with a deficit of € 21.6 billion in the fourth quarter of 2007 and a deficit of € 67.4 billion in the third quarter of 2008.

This provisional data, issued by Eurostat, is based on the information available at the time of publication and subject to revision. As announced in News Release 12/2009 of 22 January 2009, Eurostat publishes for the first time quarterly information on the EU27 financial account.

IRS 2008: Income

by Dennis Swing Greene

Nº 8 Pension Income

In this series of articles, we examine different forms of income that must be reported on "IRS" tax declarations:

1. Income from Salaries
2. Self-Employment - the Simplified Regime
3. Income from Capital - Bank Interest
4. Income from Capital - Dividends
5. Rental Income
6. Capital Gains on Investment Portfolios
7. Capital Gains on Real Estate
8. Pension Income

Foreign Residents receiving pensions from their home jurisdictions first need to study the nature of their pension to see how it is to be reported and assessed. Three types of pensions are taxable under the rules of this category. Each may receive different treatment under the Double Taxation Agreement between Portugal and the home country that governs which jurisdiction is entitled to assessment:

- *Civil Service Pensions*: government, military, foreign service, etc.
- *Social Security Pensions:* old age, disability
- *Private Pensions*: company pensions, annuities, SIPP's, etc.

If you take early retirement, there are complex rules for determining whether early retirement benefits are considered salary or pension. Before making your first submission, it is wise to get professional advice on the correct interpretation of your individual circumstances within the context of Portuguese legislation.

Questions & Answers:

I receive a military pension which is taxed at source. Should I pay tax here in Portugal?

Civil Service or Government Pensions (not to confused with what the British call "State Pensions" or "Old Age Pensions" which are, in fact, from Social Security) are solely taxable in the country of origin in most cases (although Germany is a notable exception to this rule). However, although not taxed in Portugal, these pensions should be reported both for reasons of transparency as well as determination of your tax bracket.

I turn 65 this year and start receiving a Social Security pension. Where do I pay tax?

Social Security pensions are customarily taxed in the country of Residence (Portugal). However, these are subject to specific negotiations in Double Tax Treaties and the outcome is most varied. In some instances, the Source Country retains the sole taxation rights. In other instances, it is the Country of Residence that taxes exclusively. Finally, there are cases when both jurisdictions are allowed to assess, first the home jurisdiction, then the residence country after granting the appropriate tax credit. It goes without saying that it is crucial to be fully informed before filing.

Where do I pay tax on my company pension?

Private pensions, from company service, personal pension plans, annuities and the like, are normally assessed in the Country of Residence: in this case, Portugal. In most double tax treaties, the Source Country cedes the taxation rights to the country of Residence. This means that all withholding should stop and that the pension should be paid gross. In order to achieve this feat, you must first declare yourself to be resident for tax purposes in Portugal, normally after your first "*IRS*" submission. This is done via a Certificate of Fiscal Residency issued by *Finanças* or via a special dual-language form that is submitted to the authorities in both jurisdictions. Once accepted and processed, you should receive a full refund from your Country of Origin for any tax withheld after the commencement date of your residency in Portugal. From then on, you should be paid your income gross and are required to declare this income in Portugal.

Are there any pension allowances?

In the year 2008, the deductible allowance for pensions is €6,000 per individual. Those receiving pensions above 30,000 are no longer entitled to this allowance.

While couples must file a joint declaration, their income is viewed individually within the return. As such, each is entitled to a pension allowance but cannot pass on any unused benefits to the spouse.

This is the final article in the series on taxable income in 2008

Dennis Swing Greene is Chairman of the Board and International Fiscal Consultant for **euroFINESCO s.a.** *Private consultations can be scheduled at in Guia (Albufeira) 289561333, Lisbon (Chiado) 213424210 and in Funchal (Sé), Madeira 291221095. Order your copy of our 144 page book,* **"Portuguese "IRS" Individual Income Tax 2008"** *by e-mail at* info@eurofinesco.com *or on the internet at* www.eurofinesco.com.

Big break for roaming texters

Using a mobile phone is about to get cheaper again for the tens of millions of people who cross EU borders every day.

EU lawmakers have voted to reduce the price telecom companies can charge for calls you make or receive with your mobile phone while in another country – also known as roaming. Similar caps will be introduced for text messages and data services, and then lowered over the next three years.

Just in time for the summer holidays, the changes mark another victory for European consumers, who - thanks to the current cap on voice calls - are already paying 60 percent less for conversations with their handsets while travelling in the EU.

From this July, sending a text from abroad in the EU will cost you 11 cents maximum, less than half the current average of 29 cents (far more than texters pay at home). Receiving a text in another EU country will remain free.

The maximum price for a mobile call will also fall, from 46 to 43 cents a minute. The ceiling will drop to 39 in July 2010 and 35 cents in 2011 - a total saving of 11 cents. Mobile users will also benefit from lower charges for calls received while abroad. That cap will drop from 22 to 11 cents over the three years. All prices exclude VAT.

Charges for other roaming services - like sending an email or picture or surfing the internet – will be capped at the wholesale level. That is, the ceilings will apply to rates one operator charges another.

The new rules also aim to end the nasty surprises that can hit roaming customers when they get the bill for surfing the net via a mobile connection. Customers will be able to opt free of charge for a maximum monthly tab (€50 by default). Providers will have to warn their customers when they are close to reaching the limit.

The EU first capped cross-border mobile calls in 2007 after finding they were on average four times more expensive than domestic calls and that prices varied widely from country to country.

"I welcome the strong support the European Parliament has today given the Commission's proposal for creating a single telecoms markets for all Europeans, whether they are crossing a border as tourists or as business travellers," said José Manuel Barroso, President of the European Commission.

"After this vote, Europe is now clearly the most attractive continent in the world for mobile phone users. I expect this to translate very swiftly into even stronger growth for mobile data services in the EU", he added.

European Commissioner responsible for Information Society, Luxembourg's Viviane Reding gives a press conference to present the 14th Single Telecoms Market Progress Report at the European commission headquarter in Brussels, Belgium, 25 March 2009. Europe leads the world in mobile phone services with the number of subscriptions in 2008 at 119 per cent of the EU population well ahead of the US (87 per cent) and Japan (84 per cent). (Photo: EPA/Oliver Hoslet)

Portugal building off Angolan international ties

Angola's influence on the work stage will not wane due to the present global economic crisis and falling oil prices because the Luanda authorities have learnt to develop diplomatic and commercial ties in "a balanced manner," Portuguese Foreign Minister Luís Amado said.

"Today, Angola exports more oil to China than the US. It's this capacity for diversification in relations that Angola has known how to manage. And this, from our point of view, bolsters the conditions of Angola's positioning in the world that approaches", said the Minister

The coming world order is a multi-polar one, noted Amado, where new key economic players will emerge and it is vital for Angola to broaden its relations accordingly. Portugal's relations with its former African colony bring not only bilateral plusses but also provide Portuguese firms operating in Angola ready access to Luanda's burgeoning links to emerging economies.

Portugal's No.1 diplomat is in Luanda to chair two days of brainstorming on economic diplomacy with Portuguese ambassadors from the region at the second Southern African Diplomatic Seminar sponsored by the Lisbon Foreign Ministry. A similar meeting occurred last year in Pretoria.

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Senses Special Offer, exclusive to **The Portugal News** readers

This week only Senses Skin Care centre in Lagos is offering €25 facials to anyone who reads **The Portugal News**, cuts out this article and presents it at the salon.

This offer includes Bio Ultimate Platinum and Bt Cocktail non-surgical facelifts (which means savings of up to €55 on a single treatment), as well as the Dermalogica signature facial.

This offer is available exclusively for readers of **The Portugal News**, so to make sure you don't miss out, cut out this article and take it to the salon after making your booking. Also, mention this offer when booking the appointment.

The Bio Ultimate Platinum non-surgical treatment has been part of Senses... Skin Care Centre's treatment menu for just over 1 year and it has been their most popular treatment yet! Using Microcurrent technology the treatment lifts, tones and firms the skin, re-educates muscles and re-defines facial contours. This treatment is known as a Non-Surgical Facelift, and many of Suzie's clients would certainly agree.

The Bt Cocktail is the newest addition to the treatment menu at Senses... Skin Care Centre, this is a strategic **three-part** skin energy system resulting in immediate, firmer, youthful appearance. It is additional to the current Bio Ultimate Platinum Non Surgical Facelift, and incorporates the use of the BT Micro, an ultrasonic skin peeling treatment and Microcurrent device to exfoliate and provide maximum product penetration, plus a radical new product that is the ultimate in ATP synthesis. When this facial is carried out as part of the existing treatment you can see truly remarkable results including dramatic increases in Collagen and Elastin Production.

Courses are available for the BT Cocktail and the Bio Ultimate Platinum treatments, and Senses... Skin Care Centre have great offers on course prices. Discuss all of your course options with Suzie when you make your appointment.

The Dermalogica Signature Face Treatment is Senses flagship facial. It's a skin specific, targeted, personalised and pampering facial. After an initial assessment and personal face-mapping, products used are tailored to each specific client, to best treat individual skin-types.

The benefits of Bowen

Do you have a nagging backache that is kept at bay with various therapies and painkillers or the doctor has told you your little aches and pains are just part and parcel of the aging process? Not so.

The Bowen Technique is a gentle form of body therapy which shows a high success rate for most aches, pains, injury or illness. Many of you may have heard of the Bowen Technique through the pages of this journal and many have certainly benefited from a treatment or two. For anyone not familiar with the therapy, this could well be just what you need.

This technique is very often the treatment that works where others fail. Whatever your ailment even allergies, anxiety or stress, the Bowen Technique can help, prepare to be surprised at the outcome. This gentle therapy uses subtle moves made over the muscles and frequent pauses during the session to allow the body to respond, no forceful manipulation, and often only one to two treatments are necessary. It is also great for relaxation and well being. Clients regularly report having more energy and better sleep after a session of Bowen. If you live in the Monchique, Silves or Portimão area, you can now access treatment from Phillippa Birchenough who is fully qualified and registered with the Bowen Technique Association UK, which is part of the Bowen Therapy Academy of Australia where the therapy originated. Phillippa, a resident in the Monchique area for nine years, decided to learn Bowen after having been treated by another Algarve practitioner for a chronic back problem. She had tried many other treatments over the years and many had given some relief but only for short periods but after only two Bowen treatments the back problem was gone! That was almost three years ago. Phillippa was so impressed that she wanted to do the same for other people.

Phillippa Birchenough's pleasant treatment room and reception is easy to find on the main road to Caldas de Monchique at the foothills of the mountain and has ample free parking on the premises.

Revitalised floors from *Stone Care Services*

Tim and Sue Stamp have, over the last five years, continued to successfully expand their unique business in natural stone refurbishment and maintenance. With clients now along the breadth of the Algarve, they deal primarily with private homeowners and property management companies.

Tim realised that there was a niche market in looking after existing stone surfaces - whether they be floors, vanity tops, shower surrounds or even exterior patios. Specializing in all types of natural stone - marble, granite, limestone, slate, ceramics and terracotta he emphasised that it is essential to know exactly how each stone type reacts to various treatments and processes in order to achieve an impressive result. Any refurbishment is, apparently, completely dust and odour free with minimal disruption to the home.

In time, any stone surface will become dull and worn through foot traffic and the over-use of stringent cleaning products. Stone Care Services (*SCS*) are able to quickly regain a floor's natural beauty and depth of colour by using a combination of chemicals and specialised machinery to achieve stunning results. Expensive replacement of floor tiles - or vanity tops - is often totally unnecessary. On occasion, clients merely seek advice on stone cleaning and protection without requiring any actual refurbishment.

The service is also ideal for those looking to refresh rental properties - villas, apartments or even traditional quintas -in time for the summer or to add extra value and appeal to a property on the market. You only get one opportunity to make a first impression and a shiny revitalised floor will give you the winning edge, said Sue.

Recently, *SCS* added high pressure cleaning to their array of services - absolutely essential for exterior patios and pool surrounds all of which become discoloured over the winter months. The inevitable build-up of moss and resin from trees/shrubs can seriously mar an attractive stone patio - once gently cleaned and sealed the tiles will repel any further build-up offer being treated.

SCS has also just announced that their new web site has gone 'live' - www.stonecare-services.com and already they have seen an increase in enquiries for their services directly attributable to the site. It is easy to navigate and extremely `client` friendly with many helpful tips. In addition, it has an impressive gallery of photographs.

Tofts painting and decorating

After a busy and successful few years sprucing up the region with a first class painting and decorating service, Paul Tofts is now looking forward to an equally promising 2009. Many may already have seen his well-known 'Tofts' van zipping up and down the A22.

According to Paul, now is the time to refresh properties ready for the spring and summer seasons, particularly for those used for rental purposes, family and friends.

The dry weather and agreeable temperatures make it the ideal season for painting and general maintenance, both of which Tofts exceeds at.

Specialist materials like waterproofing products for walls and roofs can be provided, as can a range of attractive painting techniques and artistic effects.

Tofts recently undertook the decoration of the showroom for one of the region's most prominent specialist kitchen companies and made a stunning job of it.

All customers need to do is choose the colour they want and Tofts will efficiently and professionally do the rest, both inside and outside.

Small general maintenance jobs can also be undertaken, like varnishing, waterproofing, damp-proofing, and ironwork. Top-quality products, very competitive prices and a high standard of personalized service compliment Paul Tofts' handiwork.

Having lived in the Algarve for many years he is familiar with Portuguese construction and knows how to repair and maintain properties to the highest levels, offering reliable, lasting solutions. No job is too large or too small, and if in doubt, just ask!

Free assessments, colour charts and samples can be provided on request.

Paul Tofts puts the time in and dedicates himself to the job at hand - not leaving until everything is complete and priding himself on leaving everything clean and tidy even as work progresses.

On a personal note, Paul would like to add: "Remember, it's Tofts with an s!"

THIS WEEK'S PROFILES

Senses Skin Care Centre

For more information, contact Senses on: Senses Skin Care Centre, Lagos, (+351) 282 762 261 / 913 275 869, or see website: www.senses-skincare.com.

Tofts Painting & Decorating

For more information call Paul Tofts on: (+351) 289 399 370, or mobile: 918 938 004.

Stone Care Services

For more information about *Stone Care Services* contact: (+351) 282 991 045, mobile: 919 498 258, or E-mail: timstmp@yahoo.co.uk, Web site: www.stonecare-services.com

Bowen

For more information, contact Philippa at birchenough.bowen @vodafone.pt or (+351) 917 689 993.

If you would like us to profile YOUR business, call Bella on 282 341100

The Tagus Golf Society plays for the Wainwright Trophies

On Friday 18th the Tagus golf society played two separate competitions, the ladies competing for the Doreen Wainwright trophy, an individual stableford competition, and for the Peter Wainwright trophy the men played in pairs with a combined stableford score.

The weather was expected to be heavy showers but apart from a 10 minute spell everyone managed to hand in their score cards relatively dry.

In 3rd place for the ladies was Eva Sanches with 25 pts and in 2nd place Teresa Mühlenbeck who lost on a count back to the winner Karin Dekker, both having had 28pts.

Jimmy Gray and Hilario Sanches came in 3rd with a combined score of 57pts and in 2nd with 61pts was Peter Dekker and Max Zimmerli leaving the winners on a creditable score of 67pts we had Bill Buxton and Richard Betts.

The longest drive for the Ladies was Sue L. Monteiro and for the men Peter Dekker. Miranda Thomas was nearest the pin.

The captain awarded his prize to Brian Hughes who graciously stood down from the men's competition to ensure the teams were even and he also acted as starter.

The next competitions for the Americas Trophy and the Cottam plate will be played in Ireland on the Portmarnock links course on the 8th and 11th respec-

Winner Doreen Wainwright Trophy

Winners Peter Wainright Trophy

Scottish Pair win St Georges Day Trophy

Tavira Bowling Club had their annual St Georges Day Event on Thursday 23rd April 2009.

Even though the Trophy was won by 2 Scottish members the day was a success.

The game was followed by a traditional English meal and a raffle.

The total raised for our nominated charity was €260. Well done everyone.

ALFA May

Don't forget the highly acclaimed and rewarded master of crime fiction Robert Wilson will be reading from his latest book, "the ignorance of blood" and talk about his life as a writer.

4th of May at the Convento São José, Lagoa. 7.30pm. Snacks & drinks from 7.00pm. €5 (members €4). Reservation: Tel.: 917 602 607

The Algarve wine society explores South American wines

In an extension of the Algarve Wine Society's travel horizons, 16 intrepid members recently found themselves in Chile and Argentina on an excursion of discovery organized by the Society's President Erla Walther with the help of Ampora Wine Tours.

The group started by using Santiago, Chile, as their base, from which the Maipo, Colchagua, Apalta, Casablanca, San Antonio and Aconcagua wine valleys could be explored. The products of a total of 11 really excellent wineries was sampled, including Los Boldos, Haras de Pirque, Perez Cruz, Viu Manent, Montes, Emiliana, Casa Marin, von Siebenthal and Errazuriz. The highlight of this part of the trip was a visit to Clos Apalta, which produces a wine of the same name. Wine Spectator calls Clos Apalta the best wine in the world. It was also highly interesting to discover a new and delicious varietal called Carmenere, which came to Chile from France before the phyloxera attacks of the 19th Century and which now is grown only in Chile.

The group outside the Bodega Catena Zapata winery ready for their Gala farewell dinner

Of course, there was more to see and do in Chile than just wine tasting. The group visited Pablo Neruda's seaside house in Isla Negra (he was a Nobel Laureate for literature and Chile's most influential poet), walked around Valparaiso (a UNESCO World Heritage site) and visited art galleries and sculpture gardens.

At mid-point of the trip the group was bussed over the Andes to Mendoza in Argentina. This ride was highlighted by a stop at Mount Aconcagua, the highest peak in the world outside the Himalayas.

Another 11 great wineries were visited in the area around Mendoza, most making excellent wines using the Malbec varietal. These stops included Bodega Benegas, Finca Flichman (which thrilled its guests with a tango demonstration in the middle of its cellars), Bodega Salentein, Lurton, Bodega Pulenta, Bodega Andeluna and Bodega Clos de Chacras. Arguably the best wine of all was offered by the boutique winery Bodega Bressia, while the final evening's gala farewell dinner at Bodega Catena Zapata (a winery built to resemble a Mayan pyramid) was absolutely memorable. We toasted the Algarve Wine Society's future as we watched the sun setting over the nearby Andes.

This trip was a revelation for its participants. All the wines sampled were most impressive but equally stunning was the modern architecture and equipment and the highly knowledgeable wine making found throughout both countries. The wonderful meals, with lunches often an al fresco BBQ, the friendliness and hospitality of our many hosts, the displays of Argentinian horsemanship–all will last long in our memories.

For information about the Algarve Wine Society please contact the Secretary, Larry Hampton: hampton@mail.telepac.pt.

Muddy Cogs Bike Ride

Meeting at Bikeland, just west of Quatro Estradas roundabout, west of Almancil on the EN125 at 12.45pm for a 1pm start

Ride will be the usual mixture of dirt track roads and tarmac with not many difficult hills. The terrain is not too bad apart from one short section which is quite rocky, but mainly flat.

To hire a bike please contact Paul Beesley on: 289 360 001, 913 226 954, paul.beesley @sapo.pt, or see website: www. activityalgarve .com.

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Lets walk... beyond Fonte Benemola

Wednesday May 6

A moderate walk of nearly 3 hours in a wonderful area with fantastic views, totally unspoilt.

10.30am start. Drive north from Loule towards Salir.

At the crossroads in Tor turn right towards Querença, after crossing the bridge stay on the road for about 1km when you come to Pombal (there is a cafe on the right) & a junction - meet here.

Lets walk... along the River Banks, near Silves

Saturday May 9th

A fairly easy 2 hour walk along the banks of the Arade and Odelouca rivers and up along the Ilha Rosario crest - not to be missed!

10.30am start - meet at the Mira Rio cafe. From Silves take the road left towards Monchique. You drive out of the town passing Modelo and after 4 km you will see the Mira Rio on the left (take care there is a sharp bend when turning).

No need to book please just come along with a sense of humour & wearing comfortable shoes, there is a small charge of €5 for the walk.
Julie Statham 965 753 033 or www.portugalwalks.com

Algarve Archeological Association

The meetings of the AAA take place on the 5th May.

The guest speaker due to be with us in May is unavoidably absent. We are delighted to say that one of our own members will step into the breach. Please come along and support.

The first meeting of the day will be at the The Museu do Trajo in São Brás, commencing at 2.30pm prompt.

The second meeting of the day will be at the usual venue of the Convento de São José in Lagoa, commencing at 6.30pm prompt.

Please note that the Museu is situated on the Tavira road, just beyond the main square. There is a turning into the left side of the Museum. Take that turning and you will find ample parking outside the museu.Go through the large double gates

Lunch will be arranged in São Brás for those interested.

Please ring Maxine on 917 26 79 48 to book lunch and ask for further information on the talks.

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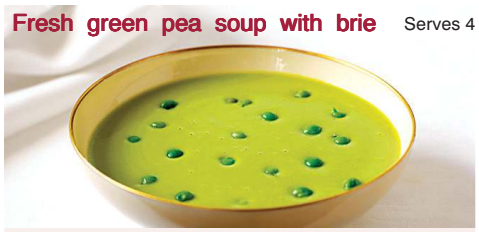
Fresh green pea soup with brie

Serves 4



Brie is one of the best cheeses. It has a good, strong flavour that sets it apart from the many puny bries you find in the supermarket, but it is not overpowering. The character of this soup depends on it, so don't compromise by using anything else.

500g fresh young peas in their pods
2 onions, finely chopped
2 leeks (white parts only), sliced into 2.5cm pieces
5 garlic cloves, roughly chopped
2tbsp sunflower oil
60g butter
1 litre vegetable stock
100g brie, diced small

Pod the peas, then wash the pods and set aside. Sweat the onions, leeks and garlic in the oil and half the butter in a covered pan over a low heat for 10-15 minutes. At the end of this time the vegetables should be soft and translucent, but not coloured. Add the pea pods and stock and bring to the boil, then reduce the heat and simmer, uncovered, for 35 minutes. Strain and leave to cool.

Plunge the peas into a pan of salted boiling water. Bring back to the boil and simmer for a few minutes or until tender. Drain the peas. Set a few spoonfuls aside for the garnish. Tip the rest immediately into a blender and add the remaining butter. Blend the peas while they are still hot, keeping the machine running until you get a really smooth puree. Pour the puree into a bowl and cool by setting over another bowl filled with ice cubes.

To serve, decant the puree into a clean pan and gradually whisk in the stock until it is all incorporated and the soup has a silky smooth consistency.

Heat through and season to taste. Divide the brie among four warmed soup bowls, pour the hot soup over and dot with the reserved peas. Serve straight away.

Victoria Sandwich

Serves 6

For this modern version of a traditional English favourite, the shape is square rather than round, and there are four layers of sponge instead of two. The finishing touch is the voluptuous filling of whipped cream and smooth jam, which sets off the cake to perfection.

200g caster sugar
200g soft margarine
4 eggs, beaten
200g self-raising flour

Set the oven at 160C. Grease a 30-33 x 20-23cm Swiss roll tin and line the bottom with non-stick baking parchment.

Cream the sugar and margarine together until light and fluffy, then slowly beat in the eggs until evenly incorporated. Fold in the flour. Spread the mixture evenly in the tin.

Bake for 20-25 minutes until springy to the touch in the centre. Turn out on to a wire rack to cool, then peel off the lining paper.

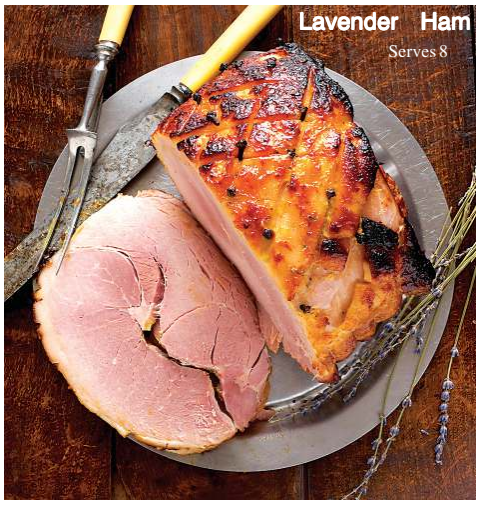
To serve:
250g good strawberry jam
2tbsp icing sugar
200ml whipping cream

Blitz the jam and one tablespoon of the icing sugar in a blender until aerated and smooth. Whip the cream until it stands in soft peaks.

Cut the sponge in half widthways, then cut each piece in half through its thickness to make four thin rectangles. Layer the rectangles with jam and cream in between, finishing off with a plain rectangle. Cut into six squares and serve dusted with the remaining icing sugar.

Lavender Ham

Serves 8



Cooking ham with lavender and cider gives it a quaint English flavour, and the tanginess offsets the richness of the meat. A whole ham is comfort food that wouldn't be right without the studding of cloves - it's what we've come to expect when we see a large joint of ham, whatever the time of year or occasion. The criss-cross pattern is the way it should look, but don't overdo it. Too many cloves would be gilding the lily.

2kg joint of boned and rolled smoked gammon, with skin
25g fresh lavender
1 litre dry cider

For the glaze:
3tbsp lavender or wildflower honey
3tbsp smooth mild mustard
100ml dry cider
Handful of cloves

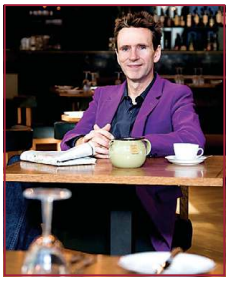
Place the gammon and lavender in a large saucepan. Pour in the cider and enough cold water to cover the gammon (about one litre water). Put the lid on the pan and bring to the boil, then simmer for about two and half hours or until the meat is tender when pierced with a skewer in the centre. Leave to cool in the liquid overnight.

The next day, set the oven at 220C. Remove the ham from the liquid and strip off the skin, leaving the fat intact. Place the ham in a roasting tin and criss-cross the fat using a sharp knife.

Combine the honey, mustard and cider in a small pan and boil for about 10 minutes or until the glaze is thick enough to coat the back of a spoon. Spoon the glaze over the ham fat, then stud the fat lightly with cloves. Bake for about 20 minutes or until the glaze has caramelised all over. Serve hot or cold.

The fine art of dining

Artistic chef Oliver Peyton shares recipes from his National Gallery Cookbook, and discusses how restaurants can stay afloat in the downturn.



When chef Oliver Peyton opened his eco-friendly restaurant Inn The Park in the heart of London's St James's Park five years ago, he yearned for a fully homegrown menu.

He didn't think it was possible then, but is pleased to have been proved wrong.

"Things have moved on so much. We can now cook sustainably for most of our menu," he says.

Judging the best of Britain's national cuisine in the fourth series of the Great British Menu (currently screening on BBC Two) has assured him that the UK has a bright gastronomic future.

"We don't need France, Spain or America for inspiration. There is enough happening here."

The latest series of the contest sees chefs competing to create a special banquet for British forces returning from Afghanistan.

"The whole concept has been great," Oliver says.

"It's forced chefs into looking at traditional dishes."

He believes that we can all cook with locally produced food without having to rely on imports.

"British cooking is about cooking the food that's available, well," he says.

"I have been filming abroad a lot recently and chefs from other countries all say that British meat is amazing. We shouldn't underestimate that fact."

He also thinks that buying good quality ingredients is half the battle.

"I see complicated cooking as the enemy of enjoyment. My wife is Italian and we like to spend as little time as possible on the cooking side of things.

"For example, if you're going to cook lamb, you should buy the best you can afford. Then season it simply, put it in the oven and do potatoes and veg. What guest wouldn't be happy with that?"

Oliver's love of quality is reflected in his latest recipe book, The National Cookbook.

The book shows how he has successfully harnessed and combined the power of art and food at The National Dining Rooms, the restaurant he opened at the National Gallery on Trafalgar Square in 2006.

Not surprisingly, the book is a work of art in itself, featuring everything from Rubens to rhubarb tarts.

"It took a year to complete the book," Oliver says.

"I wanted a year of finding the ingredients, cooking with them and seeing how they panned out."

He says the idea for the book came from the restaurant's 'county of the month' concept.

"At the National Dining Rooms we'd pick a county and only use produce from there. That developed into a recipe book which moves from season to season."

Although the book includes recipes for griddled pork chops and barbecued red bream, Oliver admits the course he loves most is dessert.

"I'm a pudding person. And I think the thing that Britain does best is baking and pudding. I love Eton Mess, Bakewell and treacle tarts."

He spent a year perfecting his version of the classic Victoria sponge.

"It turned out that the key is to use organic clotted cream. I've got two bakeries and we spent 12 months trying to make the perfect cake. With the right ingredients, any skill you don't have as a cook is hidden." *By Sarah O'Meara*

Restaurant Write-ups

Mr Grillo is located in the centre of Porches in a colourful square allowing plenty of parking. Typically Portuguese - cosy and rustice with a wooden ceiling and subdued lighting inside, but if your prefer to eat your meal al fresco there is also a terrace. Your hosts Edwardo and Billington offer international cuisine (flambé is their speciality) all at good value. They also have a bar stocking a fine selection of Portuguese wines, a choice of vegetarian dishes, and a children's menu as well. Their cheerful, attentive staff speak several languages and look forward to taking your reservation.

The Battering Plaice in Almancil (just next door to the Post Office) is the place to go for English Fish & Chips as we know and love them! As well as offering traditional cod and chips they also have Haddock, Scampi, Doner Kebabs, Pies, Sausages and much more. You can eat in the restaurant or order a takeaway, and there is a delivery service to Almancil, Quinta do Lago and Vale do Lobo areas as well.

For our resturant guide please see the hotline on pages 32 & 33

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Public Transport in Portugal - Violent/ pornographic films – 4th April

SIR, Mr. Gunter Lukas has taken the trouble to inform so many people and officials, and NOBODY replies to him.. Perhaps he has forgotten – he is in Portugal, almost like Alice in Wonderland. He might like to ask the help of the President of AFPOP (Association of Foreign Property Owners in Portugal), Mr. Christopher Stephen. He knows the Portuguese Governor of Faro personally, Vorstand Prasident, well. Send him a copy of your letter and he might take up your case. AFPOP is a very powerful association and has great influence in Portugal. Many English, German, Dutch and other foreigners are members of this organization. Tel. 351-282-458-277, Fax. 351 282 458 277, or e-mail info@afpop.com. Another organization that takes care of foreigners and locals is the Amovate President, Escola Primaria Velha, Vales, Vale da Telha, 8670-156 Aljezur, Portugal. E-mail: contact-us@amovate.org

NAME & ADDRESS SUPPLIED

Re: Estoril Sol article

SIR, Having read the article in **The Portugal News**, April 18, 2009, I must say I agree with Alan St. George. When the former Estoril Sol hotel was constructed around 1965, it was the tallest building in the area, coupled with a style of architecture which due to it's jarring effect upon local surroundings, caused some controversy; yet there it remained for many years. Thus after its recent demolition, I expected to see a tasteful replacement, so I am also alarmed at what has now appeared.

Indeed what IS up with local town planners?

PETER HANDS, Cascais

Thanks for the info.

SIR, A message of heartfelt thanks from ourselves, as well as from the people in several villages around Santa Bárbara de Nexe, to Jean Ferran, whose letter you published in your 11th April issue.

Nobody we have spoken to was aware that sceptic tanks had to be registered with the Admininstrão de Regiou Hidrográfica do Algarve; and since the sewage system has not reached the area yet, it is obvious that we all have sceptic tanks. On the other hand, many people just could not pay a €25,000 fine.

The Deczeto-Lei Nº 226A/ 2007 was, indeed, far from publicised.

We would be grateful if you could either publish this letter, or contact Jean Ferran to let her know that her information has been greatly appreciated.

PAMELA ALCARIA, S. B. de Nexe

Thanks to Jean

SIR, My thanks to Jean Ferran whose letter of 11th April reminded me of the imminent and potentially expensive closing date of Decree Law 226A/2007 which requires the registration of all sources of water and its disposal by the end of next month. It was promulgated at the end of May nearly two years ago but it must be one of the most poorly advertised laws ever. The meaning is not absolutely clear and the law may only apply to unregistered boreholes and *fossas*, but anyone with any doubts about the legitimacy of their water supply should make urgent enquiries because the two-year time limit to register is fast approaching and the number trying to beat the deadline is likely to become an avalanche as the end of May approaches.

To lighten up a bit, I have a UK friend renowned for his offbeat sense of humour. His most recent jape apparently was to stagger erratically around a busy shopping complex wearing a T-shirt with the word God in large letters front and back. Each time someone asked if he was all right, he replied "Of course. It's just God moving in a mysterious way." and tottered off again. Not to everybody's taste perhaps but quite witty I think.

Ron Lavery, By e-mail

Please support the Gurkhas

SIR, I'm sure you, and your readers, share my disgust at the dastardly treatment meted out to veterans of the Gurkha regiment by that cabal of morally and intellectually challenged half wits, collectively known as the UK Government. They plunder the tax payer for every conceivable expense; from second homes to caravans from bath plugs to pornography; provide benefit finance for any street corner 'hoodie' liable to vote Labour; pay billions a year to their core vote client state, yet steadfastly refuse to honour a debt owed to a regiment of the British Army, 50,000 of whom have made the ultimate sacrifice in the service of ours, and Europe's, freedom.

There is no need to repeat here, what is after all, legend about these fighters from Nepal. So I urge all Britain's in Portugal, and hopefully your excellent newspaper, to support the campaign championed by Joanna Lumley, to allow these loyal servants of the crown to remain in the UK once their service is finished. You can do this by going online to: www.gurkhajustice.org.uk and downloading a petition form. Your voice will count!

Churchill once famously asked of the Nazi's "What kind of people do they think we are?" If this moribund clique in Westminster think they can get away with this while, claiming £39 million a year in expenses from the tax payer it is we, the people, who should be directing Churchill's question at them!

We all accept Britain is on it's backside both financially, socially and morally. Behaving honourably towards the Gurkhas would be a good first step in getting back on our feet. Please support the campaign.

MIKE TOWL, Lagos

Extortionate interest, banks blocking economic recovery

SIR, The big banks, "the cause of the current recession", refuse to take responsibility to date. By calculating excessively high interest, the economic recovery is being blocked. European Company Market has found that fortunately, this negative sentiment is decreasing. The number of visitors to the website: www.E-cm.eu is increasing. From all over Europe, people are interested in starting a company or taking a company over.

For a few months now, European Company Market has been putting efforts into creating a movement of entrepreneurs in order to achieve the recovery of the economy. Banks are blocking these initiatives by calculating extortionate interest on financing and mortgages. Where [once], up to a year ago, money was being dumped into bottomless pits, the word 'security' has now being given major importance. Any risks are being eliminated and interest is being charged from 5 to 10% above the 1.25% provided by the European Bank. It may not count as theft, but it certainly is extortionate interest. The desire towards entrepreneurship still exists and the opportunities are still there. We may have to be more inventive, literally extend our borders. However, the banks are blocking these opportunities with their impossible demands when it comes to financing.

BERT VAN HOLTEN, European Company Market, By e-mail

Property values in Spain

SIR, I should jolly well think a drop of 3.2% in house prices in Spain "has surprised numerous professionals". **The Portugal News** – 18th April.

I deal with several estate agencies. My most recent contact is acting for a consortium of Spanish banks. This company has over 5000 properties on its books, with roughly 500 a week being added. These properties are being pushed out at prices 30-50% below last year's bank valuations. And those reductions are being breached.

I'm looking at one of those deals right now. New development in Marbella. All units sold but 20 buyers couldn't complete. Purchase price €325,000 last year. Current year's bank valuation €215,000 (that's already a bank valuation cut of about 33%). Those 20 properties are now on offer at €150,000, and I bet most of the final prices breach that on the down side. And there are thousands of these deals.

I suspect someone at the FT put the decimal point in the wrong place! And how is it that a mere 9% fall in property prices has brought the Irish banking system to its knees with IMF intervention? I note Mr. Leniham, Ireland's finance minister, was a trifle coy when interviewed about the real value of the loans the government has taken over. The deficit is obviously way over 9%.

Someone at the FT has seriously blundered. It's nice to be optimistic, but safer to be realistic. In this respect I fear that other article in The Portugal News about Portugal spending money trying to woo back the Irish might be money badly spent. Didn't Mr. Leniham also say something nasty about the cost of the banking bailout probably amounting to ten years' worth of tax receipts! I don't think the Irish market will turn out to be very lucrative for Portugal over the next decade.

JOHN CLARE, Arao

Traffic offence registry deleted

A law decree dating back to 1 July 2008, and which was approved in February, has resulted in an administrative amnesty for the country's worst traffic offenders, awarding them a clean slate and saving thousands more from potentially losing their driver's licences.

Alterations made to the Highway Code last July had already foreseen the cancellation of the then registry of traffic offenders, but the proposal only received final approval from lawmakers this year with a favourable vote from MPs belonging to the ruling-Socialists while all opposition parties abstained.

In essence, only traffic offences committed after last July will be on record. As a result, thousands of drivers were this week breathing a sigh of relief as it emerged that the Government had granted an amnesty for all traffic offences committed prior to July 2008.

Under the new rules of the Highway Code, drivers will lose their licences should they commit three very serious or five serious traffic offences in the space of five years.

The National Road Safety Authority (ANSR) has been dogged the past year with problems in dealing with traffic offences and fines. Late last year it admitted that it stood to lose at least 28.2 million euros over a legal wrangle which is expected to result in the expiry of 330,000 traffic fines.

Chaos in the retrieval of fines came in the wake of a shake-up at the DGV road authority, which the ANSR has effectively replaced.

The changeover resulted in regional offices being closed and more than 140 employees assigned alternative jobs and responsibilities, and hundreds of thousands of fines are now in limbo and could be scrapped totally.

Moreover, police are thought to have lost thousands of euros in revenue from fines due to the use of faulty speed guns. Traffic police are using faulty radar guns in order to 'deceive' motorists in districts that include Lisbon, Oporto, Beja, Leiria and Viseu.

"Radars that are placed alongside roads or used in police cars are now only there to deceive motorists" a traffic police source said.

Police refused to officially comment on this situation, which is also said to stem from the reshuffle of the former DGV road authority.

According to the ANSR, the most common offences committed on Portuguese roads are speeding, use of a mobile telephone, driving under the influence and disregard of traffic signals.

Under the new Individual Driver's Registry (RIC) any person can access their traffic offence history at their local Civil Governor's office at a cost of €7.

Portuguese for Beginners

with Emília Rosendo

LESSON 6

Verb "SER" in the Present Simple

In today's lesson let's study verb "**SER**" -" **to be**", *in English* - in "**Presente Simples do Indicativo**" - *Present Simple*.

Eu	sou	*I am*
Tu	és	*You are*
Ele	é	*He is*
Ela	é	*She is*
Você	é	*You are (sing.)*
Nós	somos	*We are*
Eles	são	*They are*
Elas	são	*They are*
Vocês	são	*You are (plural)*

⇨ **Complete the sentences which follow with verb "*ser*" in "*Presente Simples do Indicativo*":**

1. O exercício não ___ complicado.
2. Tu ___ simpático e muito engraçado.
3. O António ___ professor de Matemática.
4. A Ana e a Madalena ___ irmãs.
5. A Patrícia e o Rui ___ casados.
6. A Maria e a Marta ___ bonitas.
7. A Margarida ___ alta e magra.
8. Você ___ o pai do Pedro?
9. Vocês ___ reformados?
10. Eu e o André ___ primos.
11. A casa ___ pequena.
12. Nós ___ enfermeiros.
13. Eu ___ portuguesa.
14. As canetas ___ pretas.
15. O casaco ___ castanho.

⇨ **Write correct sentences with the words below. Follow the example.**

✔ *neve/ branco/ frio - A neve é branca e fria.*

1. *carvão/ preto/ duro*
2. *estrada/ estreito/ perigoso*
3. *carro/ rápido/ seguro*

Please send your completed exercises with a **STAMPED, SELF-ADDRESSED ENVELOPE**, to me: Emília Rosendo at **The Portugal News** and I will return them corrected.
The Portugal News • Apartado 13 • 8401-901 Lagoa

PROPERTY

A weekly guide to the latest and the best properties on the market in Portugal • The *Portugal* News • 2 May 2009

PROPERTY OF THE WEEK

Danecasa ... building environmentally friendly homes

You may have already planned building your holiday retreat, retirement property or family home here in the Algarve for many years. Now that the time is right the economy is far from favourable. Therefore it is essential that, the decisions you make, are the right ones for your circumstances.

With the effects of climate change now a world wide issue, the European Union has imposed new legislation that all new builds are graded for their thermal efficiency.

Danecasa, based in Guia, next to the Algarve Shopping Centre, have been making dreams come true since 2005. Using new building techniques they are amongst the leaders in the construction industry.

Danecasa have two show homes, one built in wood, the other with a steel frame structure finished to look like a conventional "typical locally built house".

With all the benefits of an eco-friendly home, both options offer greater flexibility in design and construction, compared to building with conventional materials.

There are a number of issues often related with these building methods are:

- The ability to get a mortgage.
- Insurance for the property.
- Resale value of the property.

Several leading banks including BPI, Caixa Geral Depósitos, Millennium, Montepio and Santander offer mortgages, with repayments up to 40 years, and the same spread as a conventional build.

Insurance cover is available from various companies with no discrimination on premiums, as with a conventional build.

With the recently introduced 'Energy Certification', these homes, have better ratings than traditional builds, making them more attractive as an investment.

These properties are warm in the winter, devoid of damp, condensation-free and remain cool during the summer.

Not only are there significant health advantages with these properties, they are also fuel efficient in the winter and require little or no air conditioning during the summer, thus saving you money year after year.

Danecasa have recently added the Kingspan TEK (Structural Insulated Panels), better known as SIPs building system, to their portfolio of building methods.

The first SIP system in Portugal, will be assembled later this Spring in the Algarve.

So with the future looking bright for Danecasa, why not pay them a visit or call: (+351) 289 571 270 for further information, and the opportunity to be taken to visit some ongoing projects.

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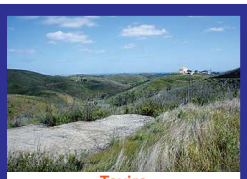
Manta Rota
Modern 3 bedroom / 3 bathroom villa w/ communal pool in small, exclusive closed condominium, 700m from beach. Spacious lounge & fully equipped kitchen - sold furnished. CCTV, A/c, alarm & central vacuum cleaning system, electric shutters.
Ref: LHV-1025 **Price: €299.000**
(Reduced from €345.000)

Sta. Catarina
Beautiful 3-bedroom villa w/ garage, sea views & approved project for a pool. A/c, double glazing & alarm system. Located between Sta. Catarina & Tavira. Construction approx. 189 m2, plot approx. 2480m2. Easy access. Offers invited!
Ref: LHV-940 **Price: €310.000**
(Reduced from €455.000)



Tavira
Gorgeous plot of land with approved project for a spacious 3 bedroom villa with pool offering sea & country views. Approved project of 211m2 with additional basement of 136m2. Access right from tarmac road. Urgent sale!
Ref: LHP-745 **Price: €90.000**
(Reduced from €120.000)

Near Tavira
Excellent value for money. Townhouse of 92m2 on small development with large communal pool near golf & beaches. Light living room, fully equipped kitchen, 2 bedrooms (1 en-suite), 3 bathrooms.Private patio. Sold furnished.
Ref: LHT-853 **Price: €199.000**

Near Tavira
New, contemporary villa with large pool set on easy to maintain plot of 970 m2 on great location near beach & golf. 3 bedrooms (all en-suite) with sea views. 235 m2 of construction, excl. terraces of 118 m2. Offers invited
Ref: LHV1010 **Price: €695.000**

Large Family Home for Sale in Almancil

Large 500+ square metre 4 bedroom/6 bathroom family home for sale in a quiet and secluded area of Almancil.

Ground Floor: Modern fully fitted kitchen, Dining Room, Large lounge/sitting room with views on 3 sides of the Algarve scenery, and 3 good sized bedrooms, all en suite.

First Floor: Huge, stunning Master Bedroom and en suite bathroom with large private sun terrace

Basement: Playroom/Games Room/ Cinema Room with kitchen, wine cellar and built in bar, the basement runs the entire length of the house The Vila stands in ½ acre fully enclosed irrigated garden with pool, return drive with electric entrance gates, mature fruit trees, garages, car port and shady BBQ terrace.

The Vila has its own bore hole. Recently decorated to a high standard is close to the Shops, schools and all amenities and is 10 minutes to beaches.

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High quality, semi-detached 3 to 4 bedroom villa midway between Vila Real Santo António & Tavira. Central heating, A/c and sw. pool. Plot of 500 m2, within walking distance to Manta Rota centre & beach, 5 driving mins to various golf courses, A real bargain!
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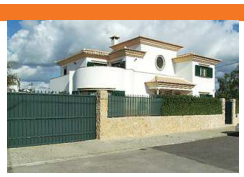
Price: € 1.400.000,00



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Ref. V82043 – Price Reduced
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Price: € 895.000,00

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Ref. A82200
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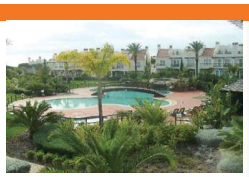

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Quarteira
Located in a quiet area 2 bedroom apartment composed of 2 bathrooms, lounge with dining area, equipped kitchen and 2 terraces (1 closed). Barbecue. Construction area - 116 sq.m.

Ref: A1298 Price: € 138,000

Estói
Country villa composed of 4 bedrooms, 1 bathroom, lounge with fireplace, dining room, kitchenette, storage and laundry room, parking area, swimming pool, garden & various fruit trees. BBQ. Furnished and equipped. Construction area: 210 sq.m. Plot area: 1.680 sq.m.
Ref: V12612 Price: € 225,000

Vilamoura
Atached villa, situated in a private condominium, composed of 3 bedrooms, 2 bathrooms, dining room, lounge with fireplace, equipped kitchen, storage and terraces. Communal swimming pool and garden area. Construction area - 145 m2.
Ref: V12443 Price: € 300,000

Vilamoura
Villa composed of 3 bedrooms + 1, 4 bathrooms, lounge, dining room, kitchen, storage, terraces and garage. Swimming pool and garden. Plot area - 433 sq.m. Construction area - 259 sq.m.

Ref: V12556 Price: € 475,000

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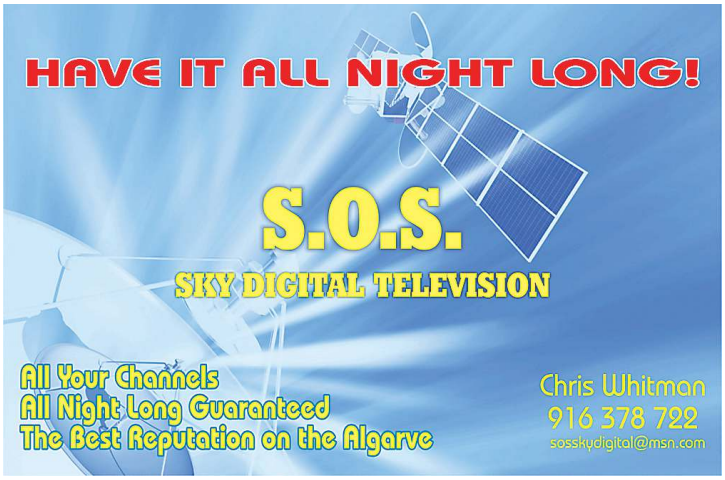
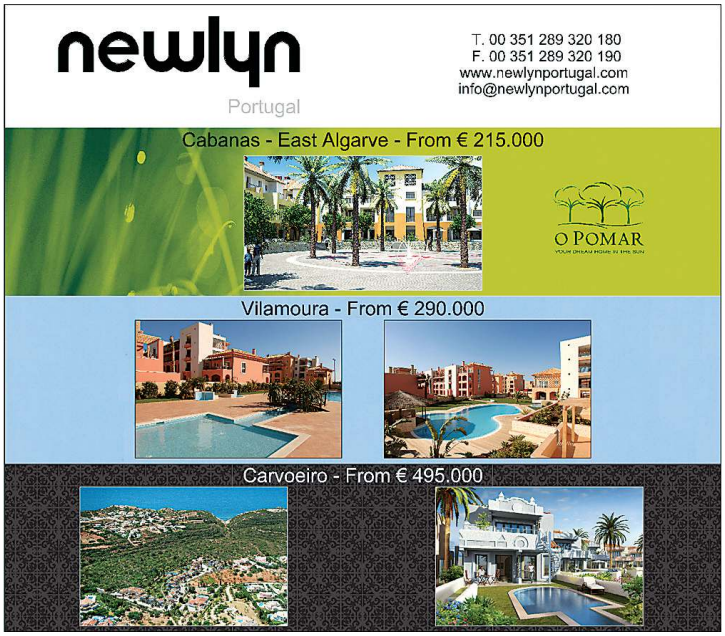
Seasonal task...

Spring is here and that means more time outdoors. But before you invite friends over for a garden party, check there are no outstanding DIY jobs to be done. What is in need of repair or replacement? It's never too early to start planning if you want to enjoy your garden at its best.





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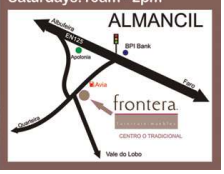


Delicious fresh vegetables

BBC Gardeners' World presenter and garden designer Joe Swift is proof that even beginners can succeed at growing vegetables.

With virtually no previous veg-growing experience, Joe took on a 250sq-metre allotment, a 20-minute train journey from his home in north London - and in less than a year created his own urban oasis, producing fresh, organic produce for his family. Joe has also found time to chart his experiences, offering some useful advice in his latest book, Joe's Allotment.

We have brought up the subject of this most traditional British gardening concept before, and maybe some of you are now the proud owners of something resembling one here in Portugal. (Not necessarily from land owned and rented out by a local council, as is the case in the UK.) But if not, maybe you have a spare patch of ground in your own garden that you can utilise.

Yet allotments are not just about growing fruit and veg - they create communities and provide social gatherings where adults and children can connect with nature and learn from each other, Joe says.

It's not all about the older, cloth-cap brigade either; new generations have also caught the bug. "A lot of the new plots are taken over by young families, people who want to get their kids involved and who want to know where their food is coming from. Even on my site, there are some teenagers who've taken over a plot," Joe says. There's a whole new generation of younger people who are taking the spare plots - it's fantastic."

Time is a big consideration when you take on an allotment. "You've got to assess how much time you've got, how physically capable you are and do a little bit at a time. If you take over a whole plot, think about sharing it with one or two other people, or some Councils will just rent out half or a quarter of a plot."

His own children became involved in the process, growing easy crops like radishes, spring onions and strawberries on a patch of their own. If youngsters learn early how to grow their own, it could lessen the problem of children growing up fussy eaters.

"My kids will try anything they grow and are picking up skills, soaking it all up. When they get older and have an outside space of their own, they will know how to garden.

"There are no down sides. It's healthy, they sleep well at the end of the day and are growing loads of fruit and veg. It's also cheap form of entertainment."

Fellow gardeners swap tips, seeds and information on the allotment, he enthuses. "Last year for the first two months, all the stuff I was bringing home I hadn't actually grown myself. It was like a free supermarket."

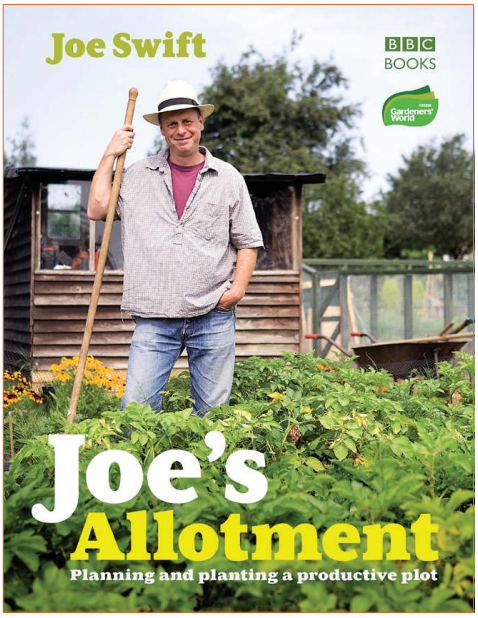
The BBC is now calling the nation to 'Dig In' with a new campaign encouraging people to grow their own veg, through a dedicated website.

The Dig In campaign will get growers off the ground with free seed packs available from April 10 through: www.bbc.co.uk/digin. The starter packs will contain five varieties of plants suitable for a range of growing locations, soils and climates including 'Gardener's Delight' tomatoes, 'Lolla Rossa' or 'Red Salad Bowl' lettuce, 'Boltardy' beetroot, 'Harrier' or 'Hunter' butternut squash and 'Early Nantes' carrots.

Throughout the growing season, the Dig In website aims to help growers nurture their plants successfully.

:: Joe's Allotment, by Joe Swift, is published by BBC Books, priced £17.99/€.

Hannah Stephenson



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Best of the bunch

Hyacinth

These fantastically fragrant bulbs, which grow to between 20-30cm (8-12in) should be left by a patio door or on a wall so that you can take in their delicious scent as you walk past.

They are great planted in single colours in pots, or in spring borders, where their spikes of waxy, tubular, bell-shaped flowers in a huge variety of colours from whites to yellows, pinks and purples, can be fully appreciated. Plant bulbs around 10cm (4in) deep, spaced 8cm (3in) apart in autumn, in a sunny or partially shaded spot, in moderately fertile but well-drained soil.

Container-grown bulbs need a loam-based compost, mixed with some grit for extra drainage. Place the containers on pot feet so the damp doesn't rise from below and rot the bulbs. Shelter them from excessive wet weather in winter.

Lovely varieties include H. orientalis 'Delft Blue', and the primrose-yellow 'City of Haarlem'.

Three ways to...

Create an easier lawn

1. Avoid obstacles in the lawn such as trees, individual shrubs and play equipment.
2. Set ornaments on a hard surface base, flush with the grass so that the mower can cut over the edge. Build a brick edge around flowerbeds the same level as the grass to ease mowing and stop the grass from growing into your borders.
3. Make sure your design avoids any tight corners of grass that are awkward to cut by curving the edge of the lawn past the corner and planting up a bed where the grass has been eliminated.

and to...

garden successfully by the sea

1. Create windbreaks using native plants as well as exotics to build up the layers of your shelter.
2. Plant succulents among stones to aid drainage. The stones will also radiate warmth into the night to protect plants.
3. Look at neighbouring gardens to see what survives well in your area. Sea thrift, sea campion and sea kale are obvious choices. The clue is in the name. Look at the Latin interpretation to help you find alternative forms for the garden.

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Get the white idea

Colour's fashionable but white's still a wicked choice to bring space, light and harmony to rooms and it never goes out of style. We work out ways to make it work in your home, from decorating or accessorising.

While home experts are currently proclaiming the virtues of colour, it's easy to forget the most versatile shade of them all.

White is often considered a safe or boring choice, suitable only for those who are unfashionably colour-phobic.

But it's a great starting point for any scheme - and needn't require the sort of high maintenance that necessitates you whirling round constantly scrubbing off offending marks or scuffs.

Stylist and white devotee Gail Abbott is passionate about the advantages of using white.

"Pure, fresh and peaceful, a white room can be used as a stylish backdrop to many different types of interior," she enthuses.

"It's not surprising that just as an LBD - a little black dress - is a classic staple of any woman's wardrobe, so a white painted room has become one of the most popular decorating classics. It's guaranteed not to go out of fashion, and never looks dated."

Gail, who visited beautiful white interiors around the world during her research for new book Living With White, knows first hand how well white works.

"White can be used to make dark rooms look spacious and airy, reflecting what little light is allowed in," she says.

"Dark wooden floors, white painted furniture, the natural textures of a thatched roof, or the aged surface of reclaimed teak - all these can be teamed with white and all bring a unique style to an unassuming space."

Modern homes that rely on clean lines and contemporary styling have long celebrated white.

"Once you've got a white base it's easy to enliven the scheme with flashes of vivid colour that create dramatic pools of brilliance, or contrast it with black for a fashionable monochrome effect."

There's an endless variety of white shades available, from those that are as brilliant white as snow through to warmer, historic shades reminiscent of whipped cream or sea surf.

Make sure white's a winner by using warmer shades in north-facing rooms, and using practical finishes such as wipe clean satin in areas such as kitchens and halls.

"White is brilliant blank canvas, but a room does need to be dressed otherwise it can be a blank, featureless space," Gail adds.

"Consider pairing two different shades of white, add texture in furniture and furnishings, and discreet touches of colour or one vivid coloured feature wall and colour."

Follow the guide to creating great spaces - all white!

White Walls

"White gives modern spaces a light bright, crisp effect that is the perfect foil for this year's bold colour-blocked look that has only just made its way off the catwalk and into our homes," says Louise Smith, Dulux Colour & Design manager.

If you're struggling to decide on a shade, Chrissie Rucker, founder of The White Company, has a handy tip: "Paint the white on a piece of A3 paper and put it on the wall to check out the shade in different lights."

White Floor Show

Painting floorboards white has long been a cheap and cheerful floor fix for students and this is still a good way of lightening up a room.

If you can't face the stress of sanding, painting and applying a protective coating, you could opt for Scandi-style replacement floorboards.

White Windows

Simple white curtains in cotton, linen or cotton muslin, provide the perfect basis for a clean and minimal room.

But if you hang unlined white bedroom curtains bedroom it's sensible to also have blackout blinds so the early morning light doesn't disturb your sleep.

White Style

White furniture, particularly seating, can't fail to look luxurious and needn't be incompatible with children's sticky fingers or pets' muddy paws.

Be savvy and use loose cotton white covers that are easy to clean (most marks disappear after a high temperature wash) or just protect with white throws.

The beauty of white furniture is that even large pieces are less likely to dominate a space.

Sleep White!

White's a natural choice for bedrooms, and if the space is kept uncluttered it will be restful and guaranteed to encourage sweet dreams.

White Touches

White accessories are essential to pull together a white scheme, or an easy way to flirt with the look.

By Gabrielle Fagan

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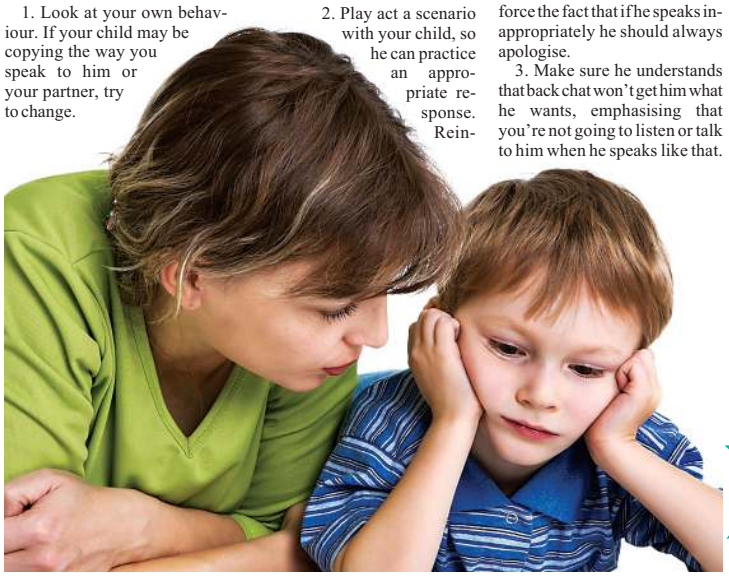
Three ways to... stop a child giving back chat

1. Look at your own behaviour. If your child may be copying the way you speak to him or your partner, try to change.

2. Play act a scenario with your child, so he can practice an appropriate response. Reinforce the fact that if he speaks inappropriately he should always apologise.

3. Make sure he understands that back chat won't get him what he wants, emphasising that you're not going to listen or talk to him when he speaks like that.



When is my child ready... to go on a sleepover?

It very much depends on the child's personality. While some under fives will start nagging to have/go to a sleepover, many parents feel they're not ready until at least the age of five or six, and sometimes not until they're about 10. What matters is that the child is ready for the separation, and knows they can ring at any time for you to pick them up if they change their mind.

Readers Tip

If your child is nagging to watch TV but she's watched enough already, be strong when you say no. The nagging will only last a few minutes and soon she'll be entertaining herself in other ways.

Website of the week:

www.help4mums.com

The new help4mums site features details of over 1,000 businesses and services, which can help parents, ranging from expert advice from midwives and local activities, to baby-friendly cafes and party organisers. The site contains reviews of products and services, and a panel of experts to help parents with questions on health and fitness, sleep, twins and becoming 'you' again. The site aims to cover the whole of the UK by early 2010.

News for parents

Lisa Salmon looks at the weird, wonderful and sometimes weary world of parenting.

The UK Government should fund studies of children's brains to determine the changes caused by using screen technology, a leading brain scientist has said.

Baroness Greenfield, a professor of pharmacology at Oxford University and a people's peer, suggested that the brain of the 21st century child could be transformed in "unprecedented ways" by the use of technology such as the social networking site Facebook and the micro-blogging site Twitter.

She has now called for more research into the issues surrounding children's use of technology, after telling the House of Lords earlier this year that, "conversation may eventually give way to the sanitised, easier screen dialogues in much the same way as killing, skinning and butchering an animal to eat has been replaced by the convenience of the packages of meat on the supermarket shelf".

Women who breastfeed their babies could protect themselves against heart attacks and strokes, new research suggests.

The University of Pittsburgh study found women who had breastfed their babies for more than a year were 10% less likely to suffer heart attacks and strokes or develop heart disease than women who had never breastfed.

Breastfeeding for at least a month could help cut the chances of women developing diabetes, high blood pressure and high cholesterol.

Other studies have shown breastfeeding helps protect mothers against ovarian and breast cancer, and osteoporosis in later life.

Shame you can't get breastfeeding on prescription.

Parents shouldn't give fizzy drinks or even flat Coke to children with diarrhoea and vomiting, according to new NHS guidelines.

The idea that flat drinks can help with gastroenteritis is untrue, while fruit juices and fizzy drinks don't help either, experts said.

Instead, parents should ensure their children are given the right kinds of fluids, including water, with an oral rehydration salt solution for youngsters at risk of dehydration.

The new guidance, from the National Institute for Health and Clinical Excellence (Nice), is aimed at managing gastroenteritis in children up to the age of five.

• FREE FLIGHTS •

Do you have Eagle Eyes? Look through the adverts (not editorial) in this week's paper and see if you can spot 3 Aer Lingus shamrocks (see the photo beneath). Some may be easy to spot, others well hidden or only partially visible. When you have found the three shamrocks, email us with the company names of the three advertisers.

Win 2 return tickets every week* Faro/Gatwick with Aer Lingus on their new route

Aer Lingus are launching a new route between Faro and Gatwick starting on 26th April. To celebrate the launch, they are offering our readers two free return tickets every week until May 2nd a total of twenty tickets, so if you don't win this week, try again next week*. The tickets can be used in either direction (starting from Faro or Gatwick) and are valid until 30th June 2009. They include all taxes and airport charges and the prize also includes one checked-in bag per person of up to 20 kilos. Please bear in mind that the tickets are offered on the basis that seats are available on the requested flights, so book as far in advance as you can.

Aer Lingus will be flying twice a day. (from April 26th), departing from Faro at 09:25 and 20:45, and from Gatwick at 05:50 and 17:20

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Bookings can be made online at: www.aerlingus.com or at any travel agent in Portugal, or through Aer Lingus at Faro Airport or their Lisbon office.

HOW TO ENTER:

Study all the adverts in the paper, and look for 3 shamrocks, the ones you will find on every Aer Lingus aircraft. They are small, and we have hidden them well and distributed them throughout the paper, so be sure you look everywhere. Once you have found them, email us at competitions@the-news.net with the company names of the three advertisers. Please write 'Aer Lingus' in the subject . We will draw the answers each Wednesday and the first correct answer that clearly identifies the locations of the shamrocks will win. The winner will be announced the following week. Remember, if you don't win this week, try again next week until the competition ends on May 2nd. The Royal Lancaster Hotel is happy to offer a room upgrade as part of the competition prize package. The winners would need to book the best available rate at the time they wish to travel and then inform the hotel so they could upgrade the room type. Winners will be sent a confirmation letter with instructions on how to request your flights and hotel upgrade.

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Last week's winner: Carol Brownson, Lagoa

There is no cash value or alternative to the flight tickets, which are non-transferable. Frequent Flyer points or air miles cannot be used in conjunction with the prize.

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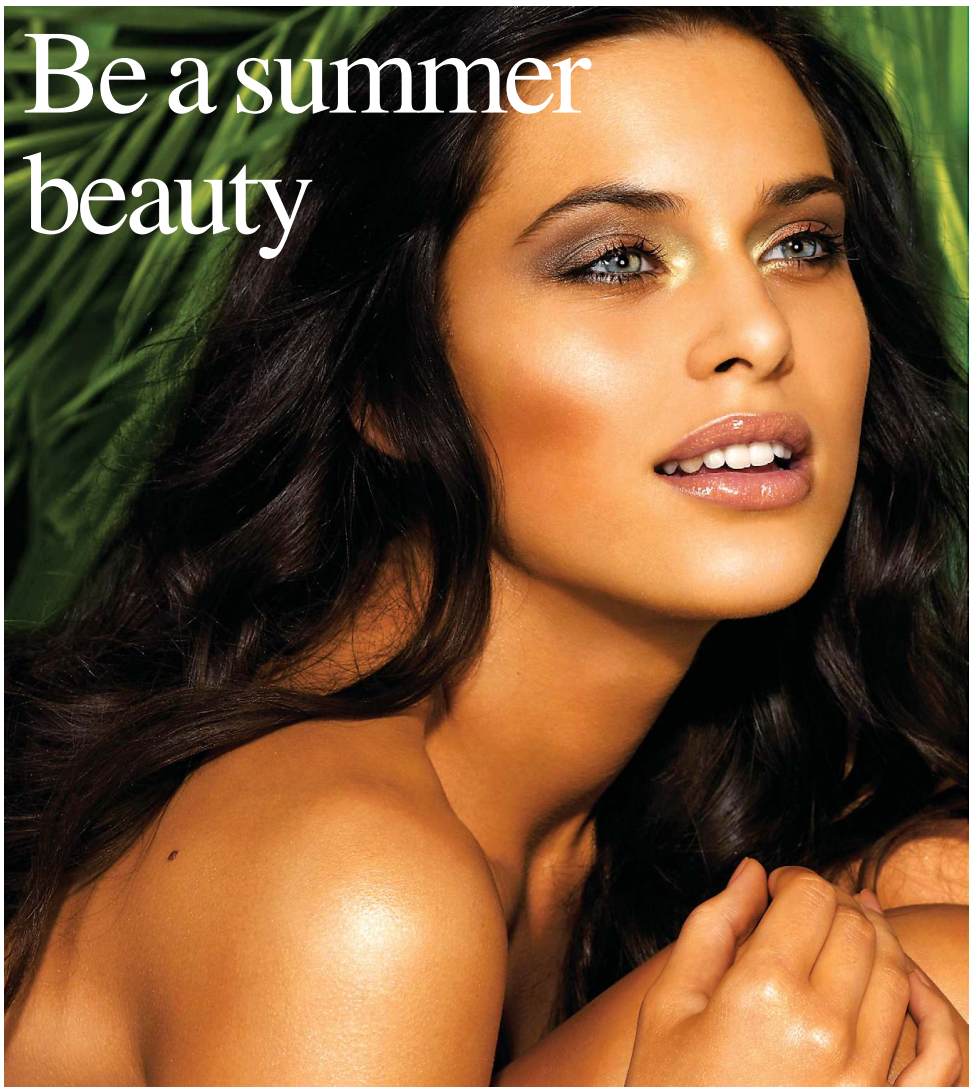

Start the ball rolling on summer beauty with our schedule.

Summer holidays might feel like a distant dream, but if you want to feel beach-body ready you need to get that preening countdown calendar kick-started now.

If you're shelling out on anti-cellulite lotions and slimming potions, most treatments require at least six weeks to see results, so don't even think about applying those 'miracle' creams the day before you're jetting off.

Start thinking about baring all in that bikini now. Here's our guide to eight weeks of holiday-ready beautifying.

Eight weeks - Cellulite attack

Removed the opaques and discovered the dreaded orange peel effect? Start on the cellulite zapping at least six weeks before your break by using a cream containing oxygen twice a day, which will help blast away the toxins that block the capillaries causing that uneven bumpy skin.

Seven weeks - Slim jim kit

For quick-fix body refining before you hit the beach, forget potentially damaging slimming pills and look to a daily dedicated skin regime to lose inches. Caudalie's Slimming Regime, using a mix of draining herbal tea, scrub and contouring concentrate, is said to shave at least 3.8cm off thighs in one month.

Six weeks - Lump and bump elimination

If you're stuck with stubborn pockets of fat or wobbly spots - hey, even supermodel Kate Moss has shunned baby bump rumours by admitting to putting on a few pounds - a sculpted body can still be yours minus the surgery. The TriPollar POSE is a new at-home clinical device that tightens and tones lax, sagging skin when used two to three times a week for six to eight weeks.

Five weeks - Skin smoother

Get your skin looking radiant for the sunshine by sloughing off dead skin cells that can leave your skin both dull and flaky. Use an invigorating exfoliating scrub two to three times a week and you'll be positively glowing. Choose a tropical or coconut-scented scrub to get you in the mood for happy holidays.

Four weeks - Cosmetic capers

Hit the make-up counters and freshen up your look for your summer escapade. Think washes of shimmering metallic eyeshadow, waterproof mascara, light base and a gloss with protective SPF. No7 make-up artist and creative director Lisa Eldridge says the best type of summer foundation is tinted moisturiser.

"It's sheer and light-reflective, and will impart the skin with a dewy glow."

Three weeks - De-fuzz

If you feel like you're permanently attached to your razor and can't afford monthly waxing trips to the beauty salon, try investing in an epilator to avoid unsightly nicks and stubble. The action isn't exactly painless but will leave legs and underarms silky smooth for up to four weeks.

Two weeks - Tantastic

Get pasty skin accustomed to the sunshine by assisting your natural melanin levels. Rodial's new Skinny Sticks contain beta-carotene and lycopene to help build up tanning pigments in the skin - and as an added bonus also includes green tea extracts to encourage "fat combustion". Take the sachets daily diluted with water for two weeks before boarding that plane.

One week - Prepare for take-off

Packing your suitcase to the brim with bikinis and kaftans might feel like your biggest priority but don't put your holiday beauty routine on the back burner just yet. Get set for take-off by sourcing your favourite sun protection products for face, body and hair - miniatures and all-in-one packs are especially good for travelling.

By Lisa Haynes

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Put a spring into your step

Better weather and longer days make this the perfect time to overhaul your health and lifestyle so you step into spring feeling fit and energised.

Spring has arrived so here are some ideas to get you feeling fit and energised. Taking some simple steps could result in a happy new you. We've got a 'Spring Clean Your Health' strategy full of easy tips.

We're all being told to cut corners and costs to survive in today's roller coaster times. But there's one thing that deserves to be a priority - your health.

Looking after your body isn't a luxury, it's an essential way to make sure you're not overwhelmed by the stress and strain of life's demands.

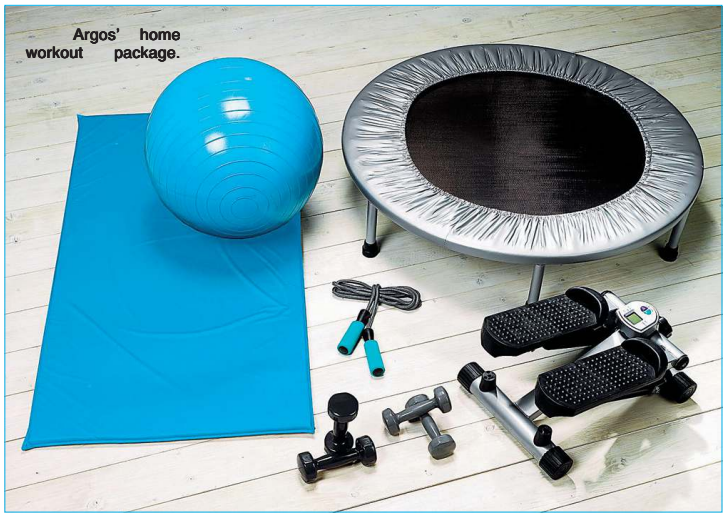
Better weather and longer days make this the perfect time to overhaul your health and lifestyle so you step into spring feeling fit and energised. Our Spring Clean Your Health Strategy is full of simple tips that could result in a happy new you.

:: Can-Do Fitness

Celebrity trainer Nicki Waterman recently prepared Denise Van Outen for her Comic Relief Mount Kilimanjaro climb, but she has some heartening news for the rest of us.

"There's no need to waste money on expensive gym memberships. Just do small things that together will help you feel fitter and lose weight and keep it off," she says.

Nicki, director of FitStart.com, suggests using full soup cans or plastic water bottles as dumbbells. Do 10 bicep curls for each arm in spare moments, like when you're waiting for the kettle to



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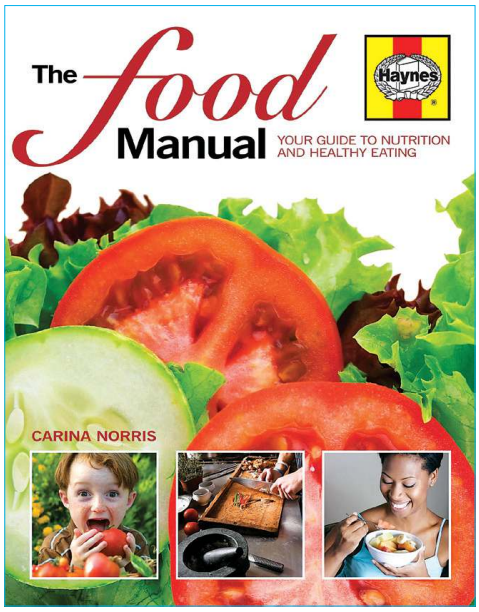

boil.

Take up boxing: imagine a small rectangle on your floor and stay in that area while you shadow box. To have more effect on muscles hold cans of beans or half litre bottles of water in each hand as you box. Do 50 to 100 repetitions.

Practise foot movements by moving backwards and forwards and from side to side while staying on your toes. This cardio workout also tones legs.

Alternatively, get kitted out with Argos's home workout package, £24.99/€27.70. It includes a mini-trampoline, weights, a mini stepper and exercise mat and ball. See your local store or visit www.argos.co.uk.

:: Get to the guts of it!

Even the most body conscious may throw caution to the wind and overindulge during winter. The combination of stodgy comfort foods and little exercise can result in a sluggish digestive system - leaving you with bloating, stomach cramps and constipation. as well as a lack of energy and dull-looking skin.

Try the natural colon cleanse range from Aloe Pura, which claims to gently detoxify the digestive system.

Colax Colon Cleanse Tablets (£4.49/€5 for 30) contain anti-inflammatory aloe vera and lactobactillus acidophilus to promote friendly bacteria and herbal extracts such as liquorice - a mild laxative. They're available from Holland & Barrett and independent health food stores.

Help keep that gut healthy with a probiotic supplement such as Boots Feel The Difference Probiotic and Prebiotic Capsules (£7.99/.€8.90 for 30 capsules - www.boots.com). Each capsule is said to contain around four billion 'friendly' bacteria to aid digestion.

:: Juice Boost

High levels of stress deplete the body of essential nutrients and can cause symptoms like headaches, indigestion, irritability and joint pain. Kick start your day with a freshly made juice especially geared to counter the effects of stress.

Evergreen, one of the juices in Miracle Juices, (published by Hamlyn, priced £5.99/€6.70), combines celery and fennel (which help the body utilise magnesium and calcium to calm the nerves), and lettuce, which has a sedative effect.

Ingredients: 2oz (50g) celery, 2oz (50g) fennel, 4oz (125g) Romaine lettuce, 6oz (175g) pineapple and 1tsp chopped tarragon.

To prepare: Whiz in a blender with two ice cubes. Serve in a tall glass, and decorate with tarragon sprigs if desired.

:: Good Day Sunshine

British TV Dr. Hilary Jones suggests soaking up some sun for a dose of essential Vitamin D.

"Sunlight's one of the best natural sources of Vitamin D - the happy vitamin - and without it our bodies cannot process calcium properly, which is vital to maintain healthy bones and teeth," he says.

Around 20% of adults are thought to be deficient in vitamin D and osteoporosis, the brittle bone disease, affects one in two older women.

Try to get 15 to 20 minutes sun exposure on arms and face, three of four times a week to build up Vitamin D. Avoid the risk of burning in the middle of the day - catch those rays in the early morning and late afternoon.

:: Zap Remote Hazards

Avoid picking up germs by keeping your TV remote control clean.

Until now it's been thought that loo seats and door handles were the hotspots for bugs, but researchers at the University of Virginia have found that 50% of remotes are contaminated with the rhinovirus, which causes 35% of colds.

This bug can survive for up to two days. Use disinfectant wipes to banish those germs.

:: Kick The Coffee

Substituting green tea for sugary or milky coffee not only saves calories, but is also believed to contain enough caffeine to act as a mild appetite suppressant.

If green tea's not to your taste, try Holland & Barrett's Green Tea capsules (£9.29/€10.30 for 100) could be an alternative.

A preliminary study suggested that people taking a green tea extract for three months lost an average of 4.6% of their body weight without dieting.

The capsules are available Holland & Barrett stores or call 00 44 (0) 870 606 6605 or see their website: www.hollandandbarrett.com

:: Diet Detox

Taking control of your diet doesn't mean you have to suffer hunger pangs or feel deprived. Registered nutritionist Carina Norris, author of The Food Manual (see photo left -Haynes Publishing, priced £18.99/€21) says you can fight the flab and get more energy by simply making some simple changes.

Top of her list is cooking from scratch rather than relying on processed foods. "That way you know exactly what's going into your food, and it's easier to keep the fat, salt and sugar content under control, and be sure food's additive free."

She says it needn't be time consuming - buy ingredients in bulk, make meals in batches and freeze them - and could also save you money.

Keep fruit and vegetables handy for snacks, as they're packed with vitamins, and low in fat and calories.

Eat moderate amounts of good fats - the unsaturated fats and oils found in olive oil, nuts, seeds and oily fish (such as salmon, fresh tuna, pilchards and mackerel).

Eat fibre-rich food - such as wholegrains wholemeal bread, brown pasta, brown rice, beans and lentils, nuts and seeds, fruit and veg.

:: Be Happy

Work out what really makes you smile - you might be surprised! Research has found that those who spend their cash on memorable experiences rather than material items end up reporting a greater sense of wellbeing.

"Break out from your routine and resolve to include one new activity into your week, and make it something that you know you'll genuinely enjoy or something you've always wanted to try," Jones says.

"With all the doom and gloom around, it's important to boost your spirits by taking on a challenge, or getting out of your rut."

Be inspired to get moving by investing in a Beginner's Walking kit (£14.70/€16.30) from the British Heart Foundation, which contains a CD and pedometer. Call 00 44 (0)845 299 0746 or go to: www.bhf.org.uk/gifts.

Gabrielle Fagan

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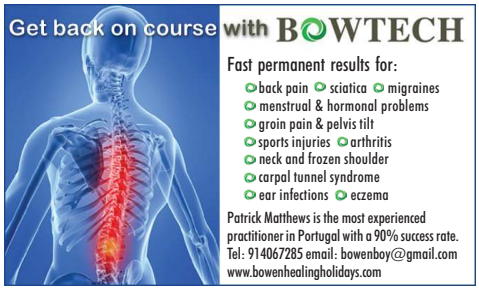
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Watch out for grass seeds

Noticeably over the last few weeks the grass has not only shot up but also seeded. Luckily on most of our land we have had sheep grazing, but in the fenced area which is called our garden, only the dogs can roam. Unfortunately it is by no means a formal garden as house construction is not yet completed, the garden is very wild! I spent 3 hours at the weekend cutting and upon walking round the rest, I estimate that I have another 10 hours to go! But time is of the essence as it has to be cut and removed to prevent these nasty things hurting my dogs.

There are many different kinds of grasses. They all have seeds of a particular shape that allows them to stick to various surfaces and others that not only stick, but can actually invade into the tissue of an animal's body. It is the long sharp pointed type of seed that has minute barbs like a tiny arrow head that only allow it to move forward through the body tissue that cause the problems. These seeds can enter the nose, get between the eye and eyelids, be found between the toes, or make their way into the gums, ears, toes, or other parts of an animal's body. The seed can get caught in the coat and works its way down to and then though the skin. Once it is under the skin the body tries to eliminate it and pus is formed that can swell into an abscess. Sometimes the entry hole can heal over leaving no clue to the source of the problem.

Pets may react differently depending upon the number, location, and shape of the seed. ~

Hair: If large seeds are in the hair behind the ears of a dog, there may be no sign of a problem other than matted hair.

Ear: A seed in the ear canal may cause the pet to shake his head, scratch at the ear, rub his ear on the floor, or hold his head at a slightly tilted angle.

Eye: A seed between the eye and the eyelid may cause the eye to become red and inflamed, sometimes with discharge or tears. An ulcer of the cornea could result and possibly lead to vision loss.

Nose: A seed in the nose may cause the animal to sneeze, paw at the nose, and may result in some nasal discharge.

Skin: A pet may chew at an area where seeds have become attached on the skin, and one or more of the following may occur: The pet may be able to remove the seeds. The seeds may become attached to the gums, tongue, and mouth. The seeds may be swallowed. If swallowed, they may stick to the back of the throat near the tonsils and cause inflammation and swelling. Pets with seeds in this area may cough, retch, or gag, and have difficulty eating and swallowing. The seeds burrow deeper into the skin. If this occurs, swelling, abscesses, and open draining sores may result, with the dog's reaction being to chew at the area of irritation.

Lungs and other organs: Seeds can be accidentally inhaled or migrate from the skin into the chest and enter the lung where they can cause very serious life-threatening abscesses. They can also penetrate into the abdominal organs. Seeds may also migrate to areas near the spine, where they can cause considerable damage. When internal organs or the spine are affected, a pet may become very ill, not eat, and develop a fever. The pet may also have obvious problems such as vomiting or difficulty breathing.

How to protect your pet.

Pets, who spend more time outside are at most risk of having problems caused by seeds. If possible, prevent your pet from running through areas of tall grass, or grass that is obviously seeding. Protective vests that cover the chest and *abdomen* and dog boots for the paws are commercially available. Clipping long-haired pets who go outside at this time of year can also help. You can get your dog clipped professionally or you can invest in a set of clippers and do it yourself. Alternatively, if your dog has a thick double coat, you could thin it using a new grooming tool called a FURminator. This tool removes the loose, dead undercoat without damaging the topcoat, thus reducing the thickness and it also reduces shedding up to 90 percent by removing. Check out www.furminator.com for more information.

When returning from a walk, groom your dog immediately and remove any seeds. Check closely between the toes, in the ears, and in the "armpits" and groin areas, since these are common places to find seeds. If you find a seed, try removing it with a pair of tweezers or your fingers. If you cannot remove the seed, contact your veterinarian as soon as possible, since it will only become more deeply buried and harder to take out.

Once seeds become buried, either in the skin, mouth, or other places, it is often very difficult to find them, and often requires surgery. The entry point may or may not be visible, and it is often difficult to find the tiny seed itself, especially if it has migrated several centimetres. Having to make several different incisions in an attempt to find the seed is often necessary, and there may be more than one seed. Some animals have had to be placed on *antibiotics* or *antifungal* medications for very long periods of time due to infections caused by plant seeds.

Prevent your pet from chewing on grasses that have seed heads. If you think your pet may have eaten grass and is having problems such as coughing or gagging, again, contact your veterinarian as soon as possible.

Keep a close eye on your pets if you live or walk your pets in grassy areas. Constant monitoring is the best policy and if you do suspect a problem then contact your vet.

Take care – lawn mowers do not appreciate running over the Kongs our dog's fun toy– mine didn't anyway! Dogs are not very good at tidying up.

Protect your pet with knowledge

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Julie Pickering

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Hi There !

ROXY is a female, approx. 6 months. 20kgs. Found starving on Ferragudo beach. Exceptional personality - gentle and trusting, loyal, loves all dogs, people, and toys. Adores home comforts and being pampered. Never aggressive. Fully house-trained, clean, well-behaved, intelligent, and quick to learn. The perfect companion. Please call for a visit on 282 461 339.

JOSIE is young bitch full of love! She is with me for 6 weeks now and she is one of the most adorable dogs I have ever had! She loves to be with people and will enjoy long walks with you. Josie is an ideal dog for a family as she is very good with children. She has been wormed, deflead, vaccinated and spayed. She is very good with other dogs. Call Valérie for a visit 913 860 865 or 282 342 823 (evenings) lili10.evann@yahoo.fr

LUIS is a lovely young little dog. He arrived at the Sanctuary very skinny and shy. It took a few weeks for Luis to adapt completly to the place, but he is now a very confident little fellow and he is ready to share his fun and love with somebody who wants him. Luis has been vaccinated, wormed, deflead and castrated. Call Valérie for a visit 913 860 865 or 282 342 823 (evenings) lili10.evann@yahoo.fr

ANNIE is a lovely and faithful dog, but she badly needs exercise. She loves long walks and I suspect she never had the opportunity to run in her previous life. Annie is very good with cats and children. She has been wormed, deflead and vaccinated. Call Valérie for a visit 913 860 865 or 282 342 823 (evenings) lili10.evann@yahoo.fr

GENY is an adult female boxer around 5 years old that has been in our shelter for the last two. When she came, the blood test gave positive to leishmaniasis although quite low. She was treated with Glucantime (a month of injections) and now she needs to take pills, one week every month. The pills are not expensive and with them leishmaniasis is controlled and she can live for many years. She has been with us for 2 and is an example of health. But people don't want to adopt dogs that are carriers of leishmaniasis. Nevertheless, we are still hoping that some generous person would like to give her a home. If it is you, please contact us at: sesimbra.bianca@gmail.com

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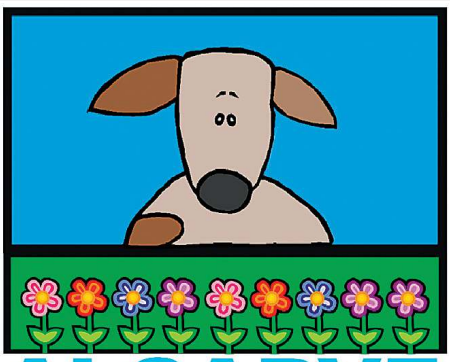

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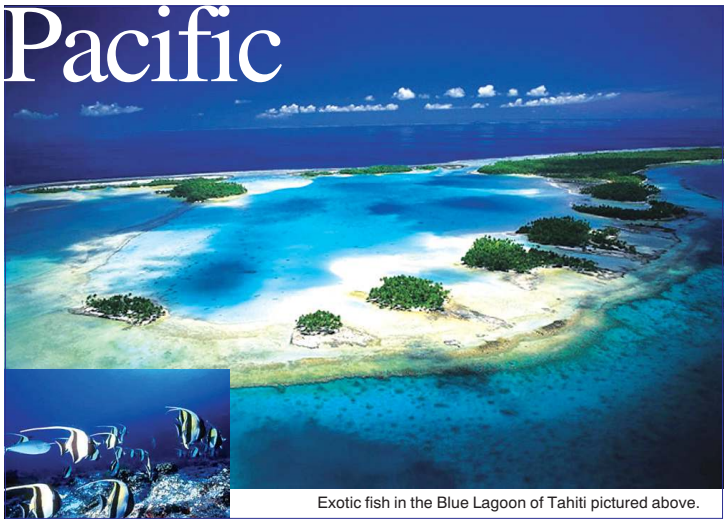
Pearl of the South Pacific

When I was told we were going for a walk in the island's interior on our first day on the South Pacific island of Tahiti, I imagined a gentle stroll through the lush green jungle that covers much of the island...



Exotic fish in the Blue Lagoon of Tahiti pictured above.

I hadn't imagined that a couple of hours later I would be waist-deep in gushing water dressed in a wet suit with a harness strapped round me, precariously scrambling up a slippy ravine.

Like most people, my image of Tahiti and her 118 islands scattered over five archipelagos in the South Pacific was of sun-soaked shores lined with bamboo bungalows perched on stilts over turquoise-blue sea. That is certainly on offer. However, as my day spent clambering up a volcanic lava-tube and hoisting myself up waterfalls proved, there is far more to the islands than at first meets the eye.

Canyoning was both terrifying and exhilarating. When I did manage to look up from where I was putting my feet, I was stunned by the incredible beauty that surrounded me. Green mountains densely covered in what looked like large broccoli heads sloped up to the sky. Below, the land dropped down dramatically to the sea.

Ever since the crew aboard Captain William Bligh's HMS Bounty, staged a mutiny, tales of the tropical beauty and warm nature of the Tahitian people have captured the European imagination.

Captain James Cook, the first to map the islands of the Pacific, and numerous missionaries and military expeditions soon followed in his footsteps, forever changing Tahiti's way of life. Long-lasting French-British rivalry for control of the islands was finally laid to rest when King Pomare V ceded Tahiti and most of its dependencies to France in 1880.

Today the European influence remains much in evidence. Road signs are written in both Tahitian and French and it is not unusual to come across a boulangerie at the side of the road.

Despite the influence of invaders, Tahitians remain proud and attached to the culture and heritage of their Maohi ancestors. Like most of the Tahitian's I met, our guide Herve Maraetaata, was covered in the most intricate tattoos which he described as his "passport".

Body art has a long history among the Polynesian people dating back to a time before islanders could read and write. They were considered signs of beauty and were ceremoniously applied at the age of adolescence. Each village had its own unique tattoo which was used as a way of immediately identifying where someone came from.

In an effort to promote Tahiti's unique cultural identity, the Radisson Plaza Resort Hotel in the bustling capital city Papeete, has its own full-time 'cultural animator' who puts on daily demonstrations of traditional dance and crafts as an introduction to Tahitian culture. Each guest has the chance to attend two cultural events during their stay.

The day after our canyoning adventure, with aching limbs but a distinct sense of achievement, we boarded a sea catamaran for the half hour trip from Tahiti to the even greener island of Moorea. Every inch of the island's mountainous interior is covered in thick foliage.

The island's Sofitel beach resort does live up to the honeymoon brochure billing with individual bungalows all either standing on stilts over the water or lining the beach front with the most breathtaking ocean views. For guests in one of the over-water bungalows, the option of having breakfast delivered to your door in a canoe is an interesting option.

But, like her larger neighbour, there is more to Moorea than white-sand beaches and lounging by the resort's infinity pool.

A network of paths has been created, criss-crossing the Opunohu buckle - a valley carved out thousands of years ago by the lava of the island's volcano and over-looked by three of the island's highest peaks. A two-hour uphill climb, which takes you through bamboo thickets and over clear-water streams, is rewarded by fantastic views across the pineapple plantations below and out to the Pacific Ocean.

For golf enthusiasts, there is the island's first, newly-opened 18-hole course. Situated on the strip of land between the lagoon and the mountains, five holes are played uphill and four lie between two lakes providing enough of a challenge for beginners through to more advanced players.

One of the great attractions of Tahiti and her islands is how easy it is to travel between them. Besides the frequent catamaran services, daily flights link now fewer than 50 of the 76 inhabited islands.

Our next stop was the geographically-unusual island of Rangiroa - which consists of a string of coral encircling a turquoise lagoon and is one of the world's most popular diving destinations.

The lagoon is home to millions of brightly-coloured, exotic-looking fish which gather around the many reefs. The clear water means that visibility is excellent and it is not hard to see why people come from all over the world to snorkel and dive.

One of Rangiroa's most successful exports is the black pearl. Most guest houses can organise a trip to the island's pearl farm where the precious gem is grown and harvested, the most exquisite of which can sell for thousands of pounds.

Travel facts

:: Turquoise Holidays offers a 10-night package to Tahiti from £2,295/€2,545 (two sharing), including Virgin flights ex-Heathrow to Papeete with Virgin and Air Tahiti Nui (via LA), three nights at Radisson Plaza Tahiti (room-only), four nights at Sofitel Moorea (room only), three nights at Relais de Josephine (half-board), domestic flights, transfers.

:: Turquoise Holidays reservations: 00 44 (0)1494 678 400 and www.turquoiseholidays.co.uk.

:: Destination information on Tahiti & Her Islands available on 00 44 (0)207 202 6378 and www.tahiti-tourisme.co.uk.

Alison Purdy

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Daniel Radcliffe, Emma Watson PV
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Confessions of a Shopaholic
Isla Fisher, Hugh Dancy
14.40-17.10-19.35-22.00 (00.25 Fri & Sat)
2
Monsters vs. Aliens
Animation PV
(10.05-12.20 Sat & Sun) 14.35-16.50-19.05
He's Just Not That Into You
Drew Barrymore, Scarlett Johansson
21.20 (00.10 Fri & Sat)
3
Harry Potter and the Chamber of Secrets
Daniel Radcliffe, Emma Watson PV
(10.20 Sat & Sun)
New in Town
Renée Zellweger, Harry Connick Jr
14.05-16.25-18.50-21.10 (23.50 Fri & Sat)
4
Hoodwinked
Animation PV
(11.00 Sat & Sun)
Fast & Furious
Vin Diesel, Paul Walker
14.10-16.40-19.10-21.40 (00.20 Fri & Sat)
5
X-Men Origins: Wolverine
Hugh Jackman, Ryan Reynolds
(11.30 Sat & Sun) 14.00-16.30-19.00-21.30 (00.00 Fri & Sat)
6
Hotel for Dogs PV
Emma Roberts, Don Cheadle
(10.40 Sat & Sun)
The International
Clive Owen, Naomi Watts
13.10-15.45-18.20-21.00 (23.40 Fri & Sat)
7
Ice Age
Animation PV
(10.50 Sat & Sun)
Knowing
Nicolas Cage, Rose Byrne
13.50-16.20-19.15-21.50 (00.30 Fri & Sat)
8
Marley & Me
Owen Wilson, Jennifer Aniston
(10.25 Sat & Sun)
Inkheart
Brendan Fraser, Eliza Bennett
15.50-21.05
He's Just Not That Into You
Drew Barrymore, Scarlett Johansson
13.00-18.15
The Strangers
Liv Tyler, Scott Speedman
(23.30 Fri & Sat)
9
Max & Co.
Animation PV
(10.55-12.50 Sat & Sun) 14.45-16.45
Gran Torino
Clint Eastwood, Bee Vang
18.35-21.15 (23.55 Fri & Sat)

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1
Monsters vs. Aliens
Animation PV
13.10-15.10-17.15-19.20
X-Men Origins: Wolverine
Hugh Jackman, Ryan Reynolds
21.30 (00.10 Thu-Sat)
2
X-Men Origins: Wolverine
Hugh Jackman, Ryan Reynolds
13.20-16.00-18.40-21.30(00.10 Thu-Sat)
3
The International
Clive Owen, Naomi Watts
13.15-15.50-18.20-21.10 (23.40 Thu-Sat)
4
The Visitor
Richard Jenkins, Haaz Sleiman
13.25-16.25-19.05-21.45 (00.20 Thu-Sat)
5
Max & Co.
Animation PV
13.50
Confessions of a Shopaholic
Isla Fisher, Hugh Dancy
15.55-18.30-21.00 (23.30 Thu-Sat)
6
Fast & Furious
Vin Diesel, Paul Walker
13.35-16.20-19.00-21.20 (23.45 Thu-Sat)
7
New in Town
Renée Zellweger, Harry Connick Jr
13.40-16.30-19.10-21.40 (23.50 Thu-Sat)
8
Knowing
Nicolas Cage, Rose Byrne
13.00-16.10-18.45-21.25 (00.00 Thu-Sat)
9
Salazar, A Vida Privada
Diogo Morgado, Soraia Chaves
13.30-16.15-18.50-21.35 (00.15 Thu-Sat)

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1
Knowing
Nicolas Cage, Rose Byrne
13.10-16.15-18.35-21.10 (23.40 Thu-Sat)
FICA 2009
14.30 Mon-Wed (21.00 Thu-Sun)
2
Fast & Furious
Vin Diesel, Paul Walker
(13.40-16.00 Thu-Sun) 19.00-21.40 (00.00 Thu-Sat)
FICA 2009
14.30-17.00 Mon-Wed
3
Monsters vs. Aliens
Animation PV
13.20-15.30-18.45
Gran Torino
Clint Eastwood, Bee Vang
21.20 (23.45 Thu-Sat)
4
My Best Friend's Girl
Dane Cook, Kate Hudson
13.30-15.40-18.40-21.50 (0.15 Thu-Sat)
5
New in Town
Renée Zellweger, Harry Connick Jr
13.05-15.20-17.30-19.40-21.50 (00.15 Thu-Sat)
FICA 2009
15.30 Mon-Wed
6
X-Men Origins: Wolverine
Hugh Jackman, Ryan Reynolds
13.00-16.10-18.50-21.30 (00.05 Thu-Sat)
FICA 2009
15.30 Mon-Wed

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Hugh Jackman, Ryan Reynolds
New in Town
Renée Zellweger, Harry Connick Jr
Salazar, A Vida Privada
Diogo Morgado, Soraia Chaves
The International
Clive Owen, Naomi Watts
Knowing
Nicolas Cage, Rose Byrne
The Ruins
Jena Malone, Laura Ramsey
Fireflies in the Garden
<Ryan Reynolds, Willem Dafoe
Um Amor de Perdição
Tomás Alves, Patricia Franco
Fast & Furious
Vin Diesel, Paul Walker
Max & Co.
Animation PV
Blonde Ambition
Jessica Simpson, Luke Wilson
Inkheart
Brendan Fraser, Eliza Bennett
Confessions of a Shopaholic
Isla Fisher, Hugh Dancy
The Strangers
Liv Tyler, Scott Speedman
Monsters vs. Aliens
Animation PV
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Duplicity
Clive Owen, Julia Roberts
Gran Torino
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X-Men Origins: Wolverine
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Salazar, A Vida Privada
Diogo Morgado, Soraia Chaves
Singularidades de uma Rapariga Loira
Catarina Wallenstein, Ricardo Trepa
The International
Clive Owen, Naomi Watts
Knowing
Nicolas Cage, Rose Byrne
The Ruins
Jena Malone, Laura Ramsey
Fast & Furious
Vin Diesel, Paul Walker
Appaloosa
Ed Harris, Viggo Mortensen
Monsters vs. Aliens
Animation PV
He's Just Not That Into You
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Che: Part Two
Benicio Del Toro, Franka Potente
Che: Part One
Benicio Del Toro, Rodrigo Santoro

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X-Men Origins: Wolverine
Hugh Jackman, Ryan Reynolds
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Shirley MacLaine, Christopher Plummer
Knowing
Nicolas Cage, Rose Byrne
Fireflies in the Garden
Ryan Reynolds, Willem Dafoe
Fast & Furious
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Monsters vs. Aliens
Animation PV
He's Just Not That Into You
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Fast & Furious
Vin Diesel, Paul Walker
Max & Co.
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30 APR-06 MAY

X-Men Origins: Wolverine
Hugh Jackman, Ryan Reynolds
New in Town
Renée Zellweger, Harry Connick Jr
The International
Clive Owen, Naomi Watts
Knowing
Nicolas Cage, Rose Byrne
Fast & Furious
Vin Diesel, Paul Walker
Max & Co.
Animation PV
Monsters vs. Aliens
Animation PV

NORTH

UCI CINEMAS ARRÁBIDA SHOPPING
TEL: 707 23 22 21
30 APR-06 MAY

X-Men Origins: Wolverine
Hugh Jackman, Ryan Reynolds
New in Town
Renée Zellweger, Harry Connick Jr
Salazar, A Vida Privada
Diogo Morgado, Soraia Chaves
The International
Clive Owen, Naomi Watts
Knowing
Nicolas Cage, Rose Byrne
The Ruins
Jena Malone, Laura Ramsey
Fireflies in the Garden
Ryan Reynolds, Willem Dafoe
Fast & Furious
Vin Diesel, Paul Walker
Max & Co.
Animation PV
This Is England
Andrew Shim, Jo Hartley
Linha de Passe
Sandra Corveloni, João Baldasserini
Inkheart
Brendan Fraser, Eliza Bennett
Confessions of a Shopaholic
Isla Fisher, Hugh Dancy
Appaloosa
Ed Harris, Viggo Mortensen
Monsters vs. Aliens
Animation PV
He's Just Not That Into You
Drew Barrymore, Scarlett Johansson
Che: Part Two
Benicio Del Toro, Franka Potente
Duplicity
Clive Owen, Julia Roberts
Marley & Me
Owen Wilson, Jennifer Aniston
Che: Part One
Benicio Del Toro, Rodrigo Santoro
Gran Torino
Clint Eastwood, Bee Vang
The Reader
Kate Winslet, David Kross
Slumdog Millionaire
Dev Patel, Freida Pinto

LUSOMUNDO DOLCE VITA COIMBRA
TEL: 707 246362
30 APR-06 MAY

X-Men Origins: Wolverine
Hugh Jackman, Ryan Reynolds
Salazar, A Vida Privada
Diogo Morgado, Soraia Chaves
Singularidades de uma Rapariga Loira
Catarina Wallenstein, Ricardo Trepa
The International
Clive Owen, Naomi Watts
Knowing
Nicolas Cage, Rose Byrne
The Ruins
Jena Malone, Laura Ramsey
Fast & Furious
Vin Diesel, Paul Walker
Eden Lake
Kelly Reilly, Michael Fassbender
Monsters vs. Aliens
Animation PV
He's Just Not That Into You
Drew Barrymore, Scarlett Johansson
Gran Torino
Clint Eastwood, Bee Vang

LUSOMUNDO DOLCE VITA DOURO
TEL: 707 246362
30 APR-06 MAY

X-Men Origins: Wolverine
Hugh Jackman, Ryan Reynolds
Knowing
Nicolas Cage, Rose Byrne
Fast & Furious
Vin Diesel, Paul Walker
Inkheart
Brendan Fraser, Eliza Bennett
Street Fighter: The Legend of Chun-Li
Kristin Kreuk, Moon Bloodgood
Monsters vs. Aliens
Animation PV
He's Just Not That Into You
Drew Barrymore, Scarlett Johansson
Underworld: Rise of the Lycans
Michael Sheen, Rhona Mitra
100 Volta
Daniel Souza, Rafael Sousa
Blonde Ambition
Jessica Simpson, Luke Wilson

LUSOMUNDO PALÁCIO DO GELO
TEL: 707 246362
30 APR-06 MAY

The International
Clive Owen, Naomi Watts
Fast & Furious
Vin Diesel, Paul Walker
Blonde Ambition
Jessica Simpson, Luke Wilson
Confessions of a Shopaholic
Isla Fisher, Hugh Dancy
Monsters vs. Aliens
Animation PV
He's Just Not That Into You
Drew Barrymore, Scarlett Johansson
Butterfly on a Wheel
Gerard Butler, Pierce Brosnan
100 Volta
Daniel Souza, Rafael Sousa
Duplicity
Clive Owen, Julia Roberts

LUSOMUNDO BRAGA PARQUE
TEL: 707 246362
30 APR-06 MAY

X-Men Origins: Wolverine
Hugh Jackman, Ryan Reynolds
New in Town
Renée Zellweger, Harry Connick Jr
Salazar, A Vida Privada
Diogo Morgado, Soraia Chaves
The International
Clive Owen, Naomi Watts
Knowing
Nicolas Cage, Rose Byrne
Um Amor de Perdição
Tomás Alves, Patricia Franco
Fast & Furious
Vin Diesel, Paul Walker
Max & Co.
Animation PV
Confessions of a Shopaholic
Isla Fisher, Hugh Dancy
Monsters vs. Aliens
Animation PV
Che: Part One
Benicio Del Toro, Rodrigo Santoro
Slumdog Millionaire
Dev Patel, Freida Pinto

OV = English Version
PV = Portuguese Version

LUSOMUNDO DOLCE VITA PORTO
TEL: 707 246362
30 APR-06 MAY

X-Men Origins: Wolverine
Hugh Jackman, Ryan Reynolds
Salazar, A Vida Privada
Diogo Morgado, Soraia Chaves
Singularidades de uma Rapariga Loira
Catarina Wallenstein, Ricardo Trepa
The International
Clive Owen, Naomi Watts
Knowing
Nicolas Cage, Rose Byrne
Fast & Furious
Vin Diesel, Paul Walker
Monsters vs. Aliens
Animation PV

LUSOMUNDO MAIA SHOPPING
TEL: 707 246362
30 APR-06 MAY

X-Men Origins: Wolverine
Hugh Jackman, Ryan Reynolds
Fast & Furious
Vin Diesel, Paul Walker
Blonde Ambition
Jessica Simpson, Luke Wilson
Max & Co.
Animation PV
The Strangers
Liv Tyler, Scott Speedman
Monsters vs. Aliens
Animation PV

LUSOMUNDO GAIA SHOPPING
TEL: 707 246362
30 APR-06 MAY

X-Men Origins: Wolverine
Hugh Jackman, Ryan Reynolds
New in Town
Renée Zellweger, Harry Connick Jr
Knowing
Nicolas Cage, Rose Byrne
The Ruins
Jena Malone, Laura Ramsey
Fast & Furious
Vin Diesel, Paul Walker
Max & Co.
Animation PV
Blonde Ambition
Jessica Simpson, Luke Wilson
Confessions of a Shopaholic
Isla Fisher, Hugh Dancy
The Strangers
Liv Tyler, Scott Speedman
Monsters vs. Aliens
Animation PV
Marley & Me
Owen Wilson, Jennifer Aniston

LUSOMUNDO NORTE SHOPPING
TEL: 707 246362
30 APR-06 MAY

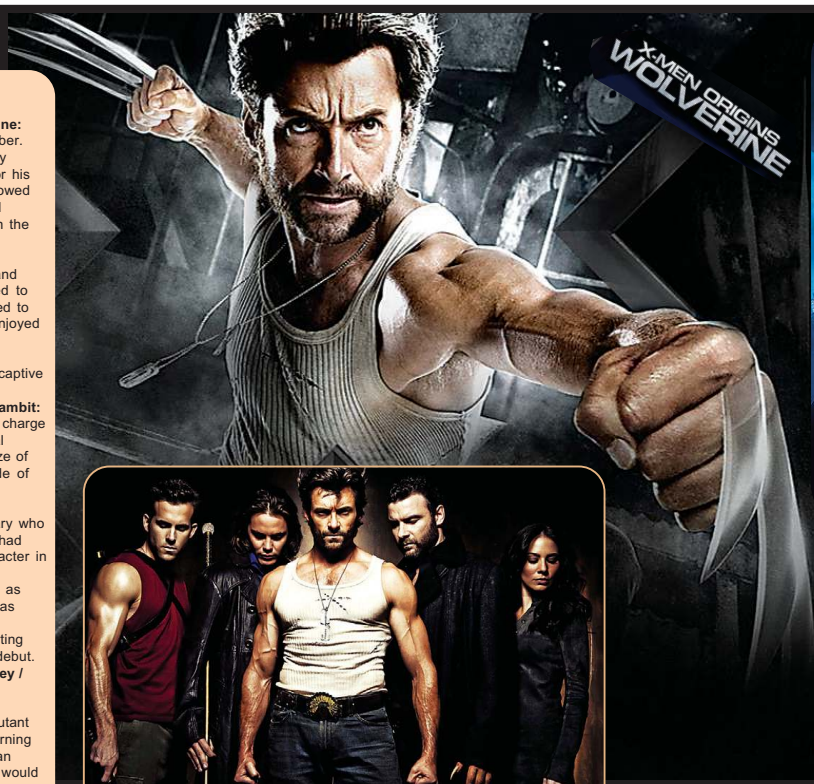
X-Men Origins: Wolverine
Hugh Jackman, Ryan Reynolds
New in Town
Renée Zellweger, Harry Connick Jr
Married Life
Pierce Brosnan, Rachel McAdams
The International
Clive Owen, Naomi Watts
Knowing
Nicolas Cage, Rose Byrne
Fast & Furious
Vin Diesel, Paul Walker
Confessions of a Shopaholic
Isla Fisher, Hugh Dancy
Monsters vs. Aliens
Animation PV

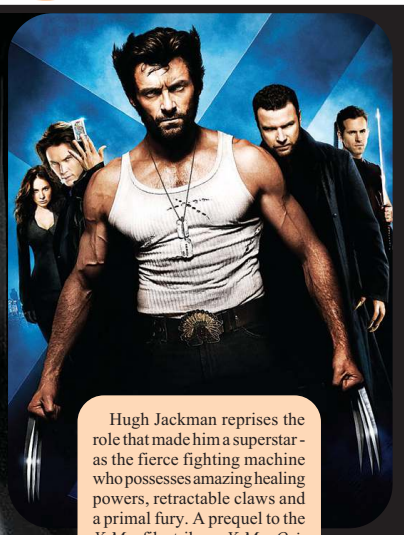
LUSOMUNDO PARQUE NASCENTE
TEL: 707 246362
30 APR-06 MAY

X-Men Origins: Wolverine
Hugh Jackman, Ryan Reynolds
New in Town
Renée Zellweger, Harry Connick Jr
Salazar, A Vida Privada
Diogo Morgado, Soraia Chaves
The International
Clive Owen, Naomi Watts
Knowing
Nicolas Cage, Rose Byrne
Fast & Furious
Vin Diesel, Paul Walker
Blonde Ambition
Jessica Simpson, Luke Wilson
Eden Lake
Kelly Reilly, Michael Fassbender
Che: Part Two
Benicio Del Toro, Franka Potente
Confessions of a Shopaholic
Isla Fisher, Hugh Dancy
Monsters vs. Aliens
Animation PV
He's Just Not That Into You
Drew Barrymore, Scarlett Johansson
The Unborn
Odette Yustman, Gary Oldman

Cast

Hugh Jackman as Logan / Wolverine: The mutant and future X-Men member. Jackman underwent a high intensity weight training regime to bulk up for his role. He noted Wolverine had mellowed during the previous film and looked forward to revisiting a darker time in the character's life.
Liev Schreiber as Victor Creed / Sabretooth: Logan's half-brother and fellow soldier. Schreiber had studied to be a fight choreographer and wanted to be a dancer like Jackman, so he enjoyed working out their fight scenes.
Lynn Collins as Kayla Silver Fox: Wolverine's love interest and later captive of Stryker.
Taylor Kitsch as Remy LeBeau / Gambit: A Cajun thief who has the ability to charge any object he touches with potential energy, forcing it to explode. The size of the object determines the magnitude of the resulting explosion.
Ryan Reynolds as Wade Wilson / Deadpool: A wisecracking mercenary who can heal like Wolverine. Reynolds had been interested in playing the character in his own film since 2003. Originally, Reynolds was only going to cameo as Wilson but the role grew after he was cast.
will.i.am as John Wraith: A teleporting mutant. It is Will.i.am's major film debut.
Dominic Monaghan as Chris Bradley / Bolt: A mutant who can manipulate electricity.
Tahyna Tozzi as Emma Frost: A mutant with the powers of telepathy and turning her skin into diamond. *X2* writer Dan Harris said that Sigourney Weaver would have played Emma Frost in *X-Men: The Last Stand* if Bryan Singer had stayed on to direct.





Hugh Jackman reprises the role that made him a superstar - as the fierce fighting machine who possesses amazing healing powers, retractable claws and a primal fury. A prequel to the *X-Men* film trilogy, *X-Men Origins: Wolverine* tells the story of Wolverine's epically violent and romantic past, his complex relationship with Victor Creed/ Sabretooth (Liev Schreiber), and the ominous Weapon X program.

Along the way, Wolverine encounters many mutants, both familiar and new, including surprise appearances by several legends of the X-Men universe whose appearances in film series have long been anticipated.

Lucy Hill (Renée Zellweger) is an ambitious, up and coming executive living in Miami. She loves her shoes, she loves her cars and she loves climbing the corporate ladder. When she is offered a temporary assignment - in the middle of nowhere - to restructure a manufacturing plant, she jumps at the opportunity, knowing that a big promotion is close at hand. What begins as a straight forward job assignment becomes a life changing experience as Lucy discovers greater meaning in her life and most unexpectedly, the man of her dreams (Harry Connick, Jr.).

After decades of marital contentment, Harry (Chris Cooper) concludes that he must kill his wife Pat (Patricia Clarkson) because he loves her too much to let her suffer when he leaves her. Harry has fallen hard for the young and lovely Kay (Rachel McAdams), but his best friend Richard (Pierce Brosnan) wants to win Kay for himself. As Harry implements his maladroit plans for murdering his wife, the other characters are entangled with their own deceptions. Like Harry, they race towards their passions but trip over their scruples, seemingly well-intended towards all, but truthful to none.

Film Classification

X-Men Origins: Wolverine - M/12
New in Town - M/12
Married Life - M/12
Closing the Ring - M/12
The International - M/12
Knowing - M/12
The Ruins - M/16
Fireflies in the Garden - M/12
Fast & Furious - M/12
Max & Co. - M/6
Blonde Ambition - M/12
This Is England - M/12
Inkheart - M/12
Soul Men - M/12
Confessions of a Shopaholic - M/6
Appaloosa - M/12
The Strangers - M/16
Monsters vs Aliens - M/4
He's Just Not That Into You - M/12

M/4 - Suitable for audiences aged four years and over
M/6 - Suitable for audiences aged six years and over
M/12 - Suitable for audiences aged 12 years and over
M/16 - Suitable for audiences aged 16 years and over
M/18 - Suitable for audiences aged 18 years and over

HIGHLIGHTS

CASCAIS - Exhibition 'Ecos do Brasil' by Gutemberg Coelho and Márcio Bahia at Galeria Tons da Baía - Rua Frederico Arouca (Rua Direita) nº 24 - Tls. 968 212 661 (Getemberg) & 967 294 781 (Márcio).

AZINHAL - CASTRO MARIM - May 2 & 3 - The Fair 'Terra de Maio' (Land of May) includes a Market selling of Traditional Produce, a 'Meeting of Flavours', an Exhibition and Tasting of Wines, a Display about the Production of Goat's Cheese, Musical Entertainment and an Exhibition titled 'Goat Parade'.

LAGOA - May 8 & 9 –Included in the 31st Algarve International Music Festival the Spain National Ballet will perform at the Centro de Congressos do Arade – Tickets €10 & €15 - The Centro de Congressos do Arade, is a space endowed with the ideal physical conditions for holding large-scale national and international cultural events. The complex infrastructure includes an auditorium with an area of around two thousand square metres and enough seats for a thousand people, and one of the best stages in the country. The multi-purpose pavilion has three foyers, three catering rooms and an exhibition area being one of the most imposing features the chimney which has remained from the old canning factory – Other Events coming soon to Centro de Congressos do Arade: Cinderela: 13 May, 2009 / 21h30 - 23h40; Porto National Orchestra: 15 May, 2009 / 21h30; Orquestra Gulbenkian: 30 May, 2009 / 21h30 – The is an AIPC member - AIPC - the International Association of Congress Centres - is the industry association for professional convention and exhibition centre managers worldwide – Location: Encosta do Arade in Parchal – T. 282 498 577 – www.fima.pt – www.pavilhao-arade.com

LAGOA - Homage to world renown Portuguese painter Costa Camelo whose works are on exhibition at Manuel Gamboa Exhibitions Room at Convento S. José – Rua Joaquim Eugénio Júdice – The exhibition will run until May 27 – T. 282 380 434

LAGOS & MOCHIQUE - monthly writing workshops - writing memoirs & writing short fiction - All welcome - Saturdays 14h30 to 16h30 at The Owl Story Bookshop in Lagos and the Bica Boa in Monchique - For more details and to reserve a place visit www.lisaselvidge.com or call Lisa on 962 887 680

SOUTH

ALMANCIL

May 15

Couleur France 'Extravaganza Evening' at the Couleur France Restaurant which for €55 per person includes five dishes, accompanied by wines selected from the Quinta do Crasto line. To see a preview of the menu, see website www.couleur-france.net, under 'events' - T.289 399 515

Until May 15

ALMANCIL - João Cutileiro and José de Guimarães - Works from the 80s and 90s' - at Centro Cultural São Lourenço - Open every day (except Monday) from 10h00-19h00 - Open also on Sundays and holidays - T. 289 395 475 / F. 289 393 281 - ccsl@iol.pt

FARO

May 8

Opening of the Collective Art Exhibition *Um Olhar, 4 Dimensões*, at 20h00 at the Gallery of Conservatório Regional do Algarve Maria Campina - The artists participants are: Jerónimo Matos Costa, Oscar Gomes, Paulo Filipe and Rosilda Gomes Bezerra - The exhibition will run until 23rd May - Av. Dr. Júlio Filipe Almeida Carrapato - T. 289 870 490 / 969 530 263

FERRAGUDO

May 15

Open Evening at Bongard Studio - From 18h00 onwards - After complete renovation the studio presents a wide collection of tile and clay sculpture works - An evening with a difference at Atelier Bongard - (200 metres before entering the village, coming from Portimao direction) - T. 282 461383 / 968362930.

LAGOS

May-June

14 years later... Art exhibition MALA at the Slavemarket - from 16.-30.Oct. 2009, in Barão de S. João at Florestal restaurant, and www.aidanbremner.com. Contacts: 00351-919211557, annegret.aidan@sapo.pt.

Mondays

The New Orleans Jazz Band - Free concert, 20h30, at Tivoli Hotel on Rua Vasco da Gama - T. 289 591 804

Monthly

Writing Workshops – Writing Memoirs & Writing Short Fiction - All welcome - Sat. 14h30 - 16h30 at The Owl Story Bookshop, Lagos and the Bica Boa, Monchique
For more details and to reserve a place visit www.lisaselvidge.com or call Lisa on 962887680

LOULÉ

Until April 26

3rd Gastronomy Festival - Several of the region

PADERNE

Unti April 30

Visit the ongoing exhibitions at Galeria Corte-Real - Sign posted from Boliqueime, Ferreiras and Paderne - Summer opening hours: Thu & Sun: 11h00-17h00 - Fri & Sat: 11h00-19h - T. 912 737 762 / 918 980 199

PORTIMÃO

May 8

Quiz Night/Dinner at Boca do Rio Restaurant - Organised by APAA Charity shop

May 8

Series of Classic Music - Baroque Music - Ensemble Vocal Introits - 21h30 - Igreja do Colégio (College Church)

Until May 24

Exhibition 'Gosto de Mulheres' a portrait of the creativity of Portuguese women in the arts field like sculpture, painting, jewellery, photography, music, cinema, literature, cookery... - Arade Gallery - Fairs & Exhibitions Park - 962505344 / 964974274

Tuesdays

The New Orleans Jazz Band - Mariner's Bar/Restaurant on Rua Santa Isabel - 914 806 310

SILVES

May 3

Silves Tour at 10h00 in aid of 'Laço' Fight against breast cancer - Run for Your Life or on your bicycle and join the tour

VALE DO LOBO

Until May 3

Algarve Squash Open Barringtons Hotel Golf & Spa - Free Entrance - T. 919 312 312 - www.pt-squash.org

NORTH

PORTO

Daily

Casa da Música: guided visits from Mon-Sun: 10h30; 11h30; 12h30; 15h00; 16h00; 17h00; 18h00 - Tickets can be bought until 10 minutes before the visit - Price: € 2; Free for children under 12 - 220120214 - Av. da Boavista, 604-610 www.casadamusica.com

Daily

Serralves Foundation: Visits to the exhibitions - Sat: 17h-20h; Sun: 12h-13h - to the architectonic spaces (museum & casa de serralves) Sun: 15h-16h - to the park Sun: 11h-12h - Visits are free on the purchase of an entrance ticket to the museum - Rua D. João de Castro, 210 - T. 226 156 584 • www.serralves.pt

Until May 3

Exhibition 'Raoul de Keyser: Aguarelas' - Serralves Museum - 22h00 to 24h00 - T. 808 200 543

Until May 17

Exhibition 'Guy Tillim: Avenue Patrice Lunumba' at Serralves Museum - Guy Tillim's work consists of approximately 60 large photographs of modernist architecture in Congo, Angola, Mozambique, Benin and Madagascar. His work addresses the failed utopias of modernity and the difficulties faced by African peoples in their recent history - The museum is situated on Rua D. João de Castro, 210 - T. 226 156 500 / Info: 808 200 543

Until May 17

Exhibition 'Bethan Huws: Fountain' - Serralves Museum from 22h00 to 24h00 - T. 808 200 543

GUIMARÃES

Until May 2

'A Febre' by Wallace Shawn on stage by João Reis - Centro Cultural Vila Flor on Avenida D. Afonso Henriques, 701 - T. 253 424 700

CENTRE

CASCAIS

Daily

Cascais Cultural Centre - Concerts, shows, exhibitions, & other events. - shops, coffee shop & terrace - Open: 10h00-18h00 (Closed Mon) - Av. Rei Humberto II de Itália - 214848900

Daily

Sea Museum – Rei D. Carlos - Rua Júlio Pereira da Mello in Cascais - 214825400

ESTORIL

Casino Estoril -Shows, games, concerts, lots of entertainment and Art Gallery - Info.estoril@estoril-sol.com 214667700 - 214825400

GOLEGÃ

until May 31

Paintings & Etchings by Mary St. George - Galeria de Arte 'João Pedro Veiga' - Rua D. João IV, 2150 Golegã - T. 249 979 000 - Tue-Sun (closed Mon & holidays) - 9h30-18h00 - www.zhibit.org/marystgeorge

LISBON

May 5

Concert by Lenny Kravitz at Atlântico Pavilion - 20h30 - Minimum age 3 years - **Atlântico - Pavilhão Multiusos de Lisboa, S.A.** - T. 218 918 409 - Info@pavilhaoatlantico.pt

May 16 to June 7

CIRQUE DU SOLEIL / VAREKAI 2009 - Grand Chapiteau, Parque Tejo, Passeio dos Heróis do Mar, lote 6.18P, Sacavém/Loures (after Vasco da Gama bridge) - Tickets: €39 - €64 adults, €29 - €54 children; wheelchair accessible - Tue-Fri: 21h30; Sat: 17h30 & 21h30; Sun: 16h30 & 20h30 - Ticket sales: As shown on page below.

May 18

BEYONCÉ in concert, at 20h00, at Pavilhão Atlântico at the Park of Nations, Rossio dos Olivais - The success of the international pop superstar, R&B singer-songwriter, record producer and actress established Beyoncé Knowles as one of the most marketable artists in the music industry - Ticket prices: €34, €36 & €42 - Tel: 218 918 409 - www.pavilhaoatlantico.pt

May 24 to June 15

78th Lisbon Book Fair - Parque Eduardo VII - 132 participants with 203 pavilions (11 dedicated to children) - Mon-Fri at 16h; Sat, Sun & Holidays at 15h; June 1 (World Children's Day), at 10h00. Closing Times: Sun-Thu at 23h; Fri, Sat & days before holidays & last day of fair: 24h - www.feiradolivrodelisboa.pt

Until May 24

Exhibition 'Darwin's Evolution' - Av. de Berna 45-A - T. 217823523 - E darwin@gulbenkian.pt Weblog: http://a-evolucao-de-darwin.weblog.com.pt

Until May 31

Exhibition 'Australian Aboriginal Engravings' - Museu do Oriente - The museum is located on Avenida Brasília, Doca de Alcântara (North) - T. 213 585 200 - www.museudooriente.pt

Events may be cancelled, delayed or fail to live up to their billing. Send us your events to copy@the-news.net by Tuesday before publication.

TICKETS: Most tickets are available at FNAC and Worten outlets across the country, ATM machines, Abreu agencies, El Corte Inglès, Casa Viola, Ticketline or at the event itself on the night.
Websites: www.pavilhaoatlantico.pt; www.ticketline.pt | Phone numbers: Ticketline 707 234 324

BBC1

6.00 Breakfast. (T) 10.00 Saturday Kitchen. (T) 11.30 Take on the Takeaway. (R) (T) 12.00 BBC News; Weather. (T) 12.10 Football Focus. (T) 1.00 Snooker: The World Championship. The concluding session of the first semi-final. Coverage continues on BBC Two. (T) 4.30 Final Score. (T)

5.15 Weakest Link. Anne Robinson hosts the general knowledge quiz in which contestants answer questions as a team, eliminating the poorest players as they go. (R) (T)
6.00 BBC News; Regional News; Weather. (T)
6.20 Robin Hood. Prince John arrives in Nottingham and makes Gisborne an offer he cannot refuse - kill the disloyal sheriff and step into his shoes. Toby Stephens guest stars as the prince. (T)
7.05 Tonight's the Night. Singer Ronan Keating, I'd Do Anything winner Jodie Prenger and the cast of West End musical La Cage aux Folles join John Barrowman to entertain viewers and make dreams come true. (T)
8.05 The National Lottery: 1 vs 100. Ben Shephard hosts the quiz in which one contestant takes on 100 opponents in a bid to win a big-money prize. Jenni Falconer presents the Lotto, Dream Number and Thunderball draws. (T)
8.55 BBC News; Weather. (T)
9.10 Casualty. Adam's world is rocked when Jordan finally admits the truth about his condition and Jessica confesses baby Harry might be his son. Tess's indiscretion puts Alice and Curtis in danger as the news that they have resumed their relationship reaches Tony, while Jeff asks Zoe if he can move into her spare room. As politician Margaret's health deteriorates journalist John Sergeant arrives to cover the story. Anthony Valentine guest stars. (T)
10.00 Reggie Perrin. With his mother and Nicola's dad interfering in his marriage, and his inability to make friends at work, Reggie finds himself taking a step too far with Jasmine. Martin Clunes stars; (R) (T) National Lottery Update. (T)
10.30 Match of the Day. Gary Lineker introduces highlights of today's Premier League fixtures, including Chelsea v Fulham at Stamford Bridge and Middlesbrough v Manchester United at the Riverside. The west London derby had not gone the way of the Cottagers in the last five stagings, while their last triumph over their neighbours at the Bridge came 30 years ago. The Red Devils had lost just one league fixture to Boro in their last nine meetings, a run they extended with a 1-0 success at Old Trafford in December. (T)
11.50 FILM: Biker Boyz (2003). Thriller, starring Laurence Fishburne. (T)
1.35 Friday Night with Jonathan Ross; (R) (T) Weatherview. (T) 2.40 BBC News. (T)

Pick of the Day

Primeval (ITV1 Granada, 7.20pm)
Doctor Who may be one of the hottest properties on the box, but ITV's attempts to create their own prime-time fantasy series have been fraught with difficulties. Patrick Stewart's Eleventh Hour and Demons were cancelled after just one series. Many thought this would also become extinct after just one run. However, the producers were delighted when it attracted a solid fan base and attracted the attention of Hollywood moneymen. With a mooted movie in the pipeline, don't be too surprised if an American Nick Cutter sees the light of day before too long. Aside from giving Jason Flemyng a chance to shine as newcomer Danny Quinn, series three has also helped Laila Rouass bury the memory of Amber Gates, her scheming Footballers' Wives character. How did she find the change? "I've really loved it," she explains. "I mean Primeval and Footie Wives are poles apart in every respect as are Sarah and Amber. There's no scheming, no bitching and certainly no Manolo's". Expect more death defying action in this week's instalment, with series regulars Hannah Spearritt and Andrew-Lee Potts.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. 9.25 The Crocodile Hunter Diaries. (R) (T) 10.25 Countrywise. (R) (T) 10.55 Quincy ME. (T) 11.55 FILM: Columbo: Ransom for a Dead Man (1971). Detective drama, starring Peter Falk. (T) 1.45 ITV News and Weather; Weather. (T) 1.50 FILM: Carry On Screaming (1966). Horror spoof, starring Kenneth Williams. (T) 3.40 FILM: The Flintstones in Viva Rock Vegas (2000). Family comedy prequel, starring Mark Addy. (T)

5.20 London Tonight; Weather. (T)
5.35 ITV News and Weather. (T)
5.50 You've Been Framed! Harry Hill narrates a selection of camcorder calamities and viewers' mobile phone footage. (R) (T)
6.20 All Star Mr & Mrs. New series. Fern Britton and Phillip Schofield host a celebrity version of the Seventies game show, with Boyzone's Keith Duffy and his wife, plus Brigitte Nielsen and Peter Shilton and their spouses. (T)
7.20 Primeval. A high-speed chase through the streets of London ensues when Christine Johnson and the military invade the ARC in search of a mysterious artefact. Forced to take refuge in an old hut in the woods, Abby, Sarah and the team's sense of safety is short-lived when an anomaly opens nearby and they find themselves besieged by giant terror birds. Elsewhere, Jack faces trouble of a different kind when he hosts a game of poker. Hannah Spearritt, Laila Rouass and Robert Lowe star. (T)
8.20 Britain's Got Talent. Ant and Dec host another round of auditions as more hopefuls demonstrate their unique abilities on TV, competing for a slot at the Royal Variety Performance and a #100,000 prize. Simon Cowell, Amanda Holden and Piers Morgan are on hand with their trusty buzzers to get rid of the worst, while sending the few genuine talents through to the next stage to join the likes of this year's current favourites Shaheen Jafargholi and Susan Boyle. (T)
9.20 FILM: X2 (2003). The X-Men are forced into an uneasy alliance with old foe Magneto against a common enemy. Action adventure sequel, with Hugh Jackman and Ian McKellen. (T)
11.40 ITV News and Weather; Weather. (T)
11.55 Six Degrees. Whitney plans her wedding, and a bizarre assailant terrorises New Yorkers, punching strangers seemingly at random before making his escape on foot. Bridget Moynahan stars; (R) (T) ITV News Headlines.
12.55 FILM: Osmosis Jones (2001). Live action and animated comedy, with Bill Murray. (T) 2.25 Nightwatch with Steve Scott: Crime. (R) 3.20 ITV Nightscreen.

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) 7.00 CBBC: Funky Fables. (R) (T) 7.15 Eliot Kid. (R) (T) 7.25 Three Delivery. (R) (T) 7.50 Wolverine and the X-Men. (R) (T) 8.15 Sportsround. (R) (T) 8.30 What's New Scooby-Doo? (T) 8.50 Frankenstein's Cat. (R) (T) 9.00 Sorry, I've Got No Head. (R) (T) 9.30 Hotel Trubble; (R) (T) Diddy Dick & Dom. (R) (T) 10.00 Dani's House. (R) (T) 10.30 Dani's House. (R) (T) 11.00 The Story of Tracy Beaker. (R) (T) 11.30 Young Dracula. (R) (T) 12.00 BBC Switch: Kyle XY. (R) (T) 12.45 BBC Switch: Winging It. (T) 1.15 BBC Switch: Teen America. (T) 1.30 BBC Switch: Sound. (T) 2.00 Coast. (T) 2.15 FILM: Barabbas (1961). Biblical epic, starring Anthony Quinn. (T) 4.30 Snooker: The World Championship. The concluding session of the first semi-final. (T) 5.30 Planet Earth. (R) (T) 6.30 Dad's Army. (R) (T) 7.00 Snooker: The World Championship. Live coverage as the semi-finals reach a conclusion at the Crucible Theatre in Sheffield, with the fourth and final session of the second last-four match taking place. (T) 10.30 Have I Got a Bit More News for You. (T) 11.10 The Apprentice. (R) (T) 12.10 FILM: Das Boot (1981). German wartime drama, starring Jurgen Prochnow. (T) 3.30 Mad Men. Don visits the wife of his commanding officer from the Korean War. (R) (T) 4.15 Close.

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

C4

5.55 The Hoobs. (R) (T) 6.20 The Hoobs. (R) (T) 6.45 Planet Cook. (R) (T) 7.05 World Sport. 7.30 Formula Ford Championship. 8.00 The Morning Line. (T) 8.55 T4: One Tree Hill. (R) (T) 9.45 T4: Friends. (R) (T) 10.15 T4: Friends. (R) (T) 10.45 T4: Pussycat Dolls vs Destiny's Child: Top 10. (T) 11.50 T4: Shipwrecked 2009: Battle of the Islands. (R) (T) 12.55 T4: Scrubs. (R) (T) 1.25 T4: Scrubs. (R) (T) 1.55 Channel 4 Racing from Newmarket and Goodwood. Including the 3.10 stanjames.com 2,000 Guineas Stakes (1m). (T) 4.00 Come Dine with Me. (R) (T) 4.30 Come Dine with Me. (R) (T) 5.00 Come Dine with Me. (R) (T) 5.30 Come Dine with Me. (R) (T) 6.00 Come Dine with Me. (R) (T) 6.30 Channel 4 News. (T) 6.45 Henry VIII: Mind of a Tyrant. (R) (T) 7.45 Henry VIII's Lost Palaces: A Time Team Special. To mark the 500th anniversary of Henry VIII's accession to the throne, Tony Robinson and the team track the legacy of his great building works. The monarch inherited a handful of medieval castles, but his desire to copy the achievements of the European Renaissance prompted him to sponsor 55 constructions, some of which were designed by the Tudor king himself. (R) (T) 9.20 FILM: Dodgeball: A True Underdog Story (2004). The owner of a run-down gym takes drastic action when a rival looks set to take over. Sporting comedy, starring Ben Stiller and Vince Vaughn. (T) 11.10 FILM: Amelie (2001). Romantic drama, with Audrey Tautou and Mathieu Kassovitz. 1.25 FILM: The Crazies (1973). Sci-fi horror, starring Lane Carroll. (T) 3.15 Hill Street Blues. (R) 4.05 Time Team. (R) (T) 4.55 Countdown. (R) (T) 5.40 Cubeez. The Eyesanozes try to stop crying. (R) (T) 5.50 The Hoobs. (R) (T)

FIVE

6.00 Sunrise. 7.00 Milkshake!: Mio Mao. (R) (T) 7.05 Ebb and Flo. (R) (T) 7.10 Franklin. (R) (T) 7.35 Hana's Helpline. (R) (T) 7.50 Olivia. (R) (T) 8.00 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 8.20 Animal Families. (R) (T) 8.35 Harry and His Bucket Full of Dinosaurs. (R) (T) 8.50 Roobarb and Custard Too. (R) (T) 9.05 Roary the Racing Car. (R) (T) 9.20 Rupert Bear. (R) (T) 9.35 The Milkshake! Show. (R) (T) 10.00 The Grid. (R) (T) 10.30 The Gadget Show's Big Experiment. (R) (T) 11.30 Oil Riggers. (R) (T) 12.35 Zoo Days Shorts. (R) (T) 12.40 FILM: Back to the Secret Garden (2000). Drama, starring Camilla Belle. (T) 2.45 FILM: Anatomy of a Murder (1959). Courtroom drama, starring James Stewart. (T) (bw) 5.45 Five News. (T) 5.55 FILM: Sabrina the Teenage Witch (1996). Supernatural comedy, starring Melissa Joan Hart. (T) 7.25 NCIS. A Navy captain is held hostage in his own office while his wife and blind daughter are abducted and the kidnappers try to extort a large sum of money from him for their release. (R) (T) 8.20 NCIS. The mummified remains of a woman are found in a disused compound. (R) (T) 9.20 CSI: NY. A woman is found dead after a truck bomb explodes on a street in Manhattan. The CSIs connect the incident to eco-terrorists who had intended to kill the victim's businessman father. (T) 10.20 Law & Order. (T) 11.20 NCIS. Two bodies are found at a Navy building site. (R) (T) 12.20 Quiz Call. 4.00 The Gadget Show. (R) (T) 4.45 Wildlife SOS. (R) (T) 5.10 House Doctor. (R) (T) 5.35 House Doctor. (R) (T)

LOCAL

RTP1
0630 Children TV 0800 Bom Dia Portugal 1100 Portugal Sem Fronteiras 1300 News 1415 Top+ 1545 Smallville, series 1715 Because of Winn-Dixie, film 1900 Vila Faia 1930 News 2030 Voz do Cidadão 2040 Football 2300 Cradle 2 the Grave, film 0100 Football Highlights 0130 Close to Home, series 0300 House of Wax, film 0415 Telesales
RTP2
0700 Euronews 0800 África 7Dias 0830 Notícias de Portugal 0900 Open University 1000 Zig Zag 1230 Everyone's Hero, film 1400 Parlamento 1500 Sports 1900 Bairro Alto 1945 The Class, series 2045 Cenas da Vida Real 2145 A Hora da Sorte 2200 News 2240 Frida, film 0030 Klimt, film 0230 Sports 0615 Euronews
SIC
0600 Etnias 0645 Sic Kids 0830 Disney Kids 1000 Star Wars: Clone Wars, series 1030 Programa da Lucy 1200 Planet Earth 1300 News 1400 Episódio Especial 1445 Film 1630 Film 1815 Film 2000 News 2130 Tá a Gravar 2230 Atreve-te a Cantar 2345 Guiness, O Mundo dos Recordes 0045 Toma Lá Dá Cá 0230 Quando o Telefone Toca
TVI
0700 Children TV 0930 Smackdown, wrestling 1030 Campeões e Detectives 1115 Deluxe 1215 Antevisão 1300 News 1400 Film 1600 Film 1800 Film 2000 News 2130 Flor do Mar 2230 Feitiço do Amor 2330 Olhos nos Olhos 0015 Film 0215 Sempre a Somar 0400 The Office, series 0430 Law & Order: Special Victims Unit, series 0530 Telesales

Best of the Rest

BBC3
7.00 Out-Takes 7.10 Snog, Marry, Avoid? 7.40 Snog, Marry, Avoid? 8.10 Top Gear 9.15 Live at the Apollo 10.00 Film: It's a Boy Girl Thing 12 (2006) 11.30 Family Guy 11.50 American Dad! 12.15 Two Pints of Lager and a Packet of Crisps 12.45 Bizarre ER 1.15 Snog, Marry, Avoid? 1.45 Snog, Marry, Avoid? 2.15 Drinking with the Girls 3.10 Two Pints of Lager and a Packet of Crisps 3.40 Bizarre ER 4.10 My Life As an Animal 5.10 Out-Takes 5.20 Close
BBC4
7.00 In Search of Speed 8.00 Blues at the BBC 9.00 Bobby Bland: Two Steps from the Blues 10.00 Blues on Later with Jools Holland 11.00 Rock Family Trees 11.55 Long John Baldry: In the Shadow of the Blues 12.40 John Mayall: 40 Years of the Blues 1.40 Blues at the BBC 2.40 Bobby Bland: Two Steps from the Blues 3.40 Close
ITV2
1.05 Holiday Showdown 2.05 The Planet's Funniest Animals 2.20 Gossip Girl 3.20 Britain's Got More Talent 4.20 American Idol 5.20 American Idol 6.20 Film: About a Boy 12 (2002) 8.20 Animals Do the Funniest Things 9.20 Britain's Got More Talent 10.20 The Justin Lee Collins Show 11.20 Britain's Got Talent 12.20 Britain's Got More Talent 1.20 Breaking Up with Shannen Doherty 1.45 Teleshopping 4.30 ITV2 Nightscreen
Sky1
1.00 Don't Forget the Lyrics 2.00 Live A1 Grand Prix 3.30 Malcolm in the Middle 4.00 Guinness World Records Smashed! 5.00 Oops TV 5.30 Oops TV 6.00 American Gladiators 7.00 The Simpsons 7.30 The Simpsons 8.00 Futurama 8.30 Futurama 9.00 Lost: Story of the Oceanic 6 10.00 Bones 11.00 Bones 12.00 Ross Kemp: Return to Afghanistan 1.00 Cold Case 1.55 24 2.50 Road Wars 3.45 Road Wars 4.35 Weeds 5.10 Brainiac: Science Abuse
G.O.L.D
1.15 Only Fools and Horses 2.20 Only Fools and Horses 3.25 Only Fools and Horses 4.30 Only Fools and Horses 5.40 Only Fools and Horses 6.45 Only Fools and Horses 7.50 Only Fools and Horses 9.00 Film: Spider-Man 2 PG (2004) 11.30 Only Fools and Horses 1.10 Charlie's Angels 2.10 Charlie's Angels 3.00 Close
TCM
3.00 The Elephant Man PG (1980) 5.25 Carson City U (1952) 7.05 Funny Farm PG (1988) 9.00 In Love and War PG (1996) 11.20 Wait Until Dark 15 (1967) 1.20 In Love and War PG (1996) 3.20 The Hunger 18 (1983) 5.00 The Defector PG (1966)
The Disney Channel
Kids' programmes from 7am.

www.the-news.net
The Portugal News

MOVIES

Sky Movies Drama

6.30 Can't Be Heaven PG (1999) 8.15 Onegin 12 (1999) 10.05 The Neighbor 12 (2008) 11.45 Instinct 15 (1999) With Anthony Hopkins. 2.00 American Graffiti PG (1973) With Richard Dreyfuss. 4.00 Because I Said So 12 (2007) With Diane Keaton. 5.45 We Are Marshall PG (2006) With Matthew McConaughey. 8.00 Michael Clayton 15 (2007) With George Clooney. 10.00 Atonement 15 (2007) With Keira Knightley. 12.15 Scarface 18 (1983) With Al Pacino. 3.15 I Want You 18 (1998) 4.45 One Special Night PG (1999)

Sky Movies Comedy

6.05 Tin Men 15 (1987) 8.00 Blast from the Past 12 (1999) 9.45 I Wanna Hold Your Hand PG (1978) 11.30 Mannequin PG (1987) With Andrew McCarthy. 1.05 Wayne's World PG (1992) With Mike Myers. 2.45 Mr Woodcock 12 (2007) With Billy Bob Thornton. 4.20 Dirty Rotten Scoundrels PG (1988) With Michael Caine. 6.20 Mannequin PG (1987) With Andrew McCarthy. 8.00 Wayne's World PG (1992) With Mike Myers. 9.40 Employee of the Month 12 (2006) With Dane Cook. 11.35 Mr Woodcock 12 (2007) With Billy Bob Thornton. 1.10 Dirty Rotten Scoundrels PG (1988) With Michael Caine. 3.05 Employee of the Month 12 (2006) 4.55 I Wanna Hold Your Hand PG (1978)

Sky Movies Action/Thriller

6.45 Flyboys 12 (2006) 9.05 Next 12 (2007) 10.45 Double Jeopardy 15 (1999) 12.30 Flyboys 12 (2006) With James Franco. 2.50 Next 12 (2007) With Nicolas Cage. 4.30 F/X: Murder by Illusion 15 (1986) With Bryan Brown. 6.20 Zodiac 15 (2007) With Jake Gyllenhaal. 9.00 Double Jeopardy 15 (1999) With Ashley Judd. 10.50 F/X: Murder by Illusion 15 (1986) With Bryan Brown. 12.45 Road House 18 (1989) With Patrick Swayze. 2.45 The Krays 18 (1990) With Gary Kemp. 5.00 The Librarian: Return to King Solomon's Mines PG (2006)

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SPORT

Sky Sports 1

6.00 Off The Bar 6.30 Big League Weekend 1 7.30 Champions League Weekly 8.00 Premier League Preview 8.30 Hatton v Pacquiao 24/7 9.00 Soccer AM 12.00 Soccer Saturday 12.30 Live Football Special. Middlesbrough v Manchester United (Kick-off 12.45pm). 3.00 Soccer Saturday 5.15 Live European Rugby Union. Munster v Leinster (Kick-off 5.30pm). 7.55 Hatton v Pacquiao 24/7 8.25 Football First 10.15 Football First 11.45 Football First 1.15 Football First 2.45 Football First 4.15 Spanish Football 5.45 Sky Sports Classics

Sky Sports 2

6.00 Aerobics Oz Style 6.30 European Rugby Union 8.30 Rugby Union 10.30 Live Rugby Union. Reds v Brumbies (Kick-off 10.40am). 12.30 Live European Rugby Union. Bourgoin v Worcester Warriors (Kick-off 12.30pm). 2.55 Live Super League. Salford City Reds v Harlequins (Kick-off 3.00pm). 5.00 Live Super League. Wakefield Trinity Wildcats v Bradford Bulls (Kick-off 5.00pm). 7.00 Live Super League. Wigan Warriors v St Helens (Kick-off 7.00pm). 9.00 Hatton v Pacquiao 24/7 9.30 Champions League Weekly 10.00 The Super 14 Show 12.00 World Sport 12.30 Live NASCAR. The Russell Friedman 400. 4.00 A1 Grand Prix 5.30 Ocean Race

Sky Sports 3

6.00 Bass Fishing 7.00 Tight Lines 8.00 Race World 9.00 WWE: Smackdown 11.00 WWE: Bottom Line 12.00 Hatton v Pacquiao 24/7 12.30 Live European Tour Golf. The Open de Espana. 4.30 Hatton v Pacquiao 24/7 5.00 A1 Grand Prix 6.30 Live Spanish Football. Real Madrid v Barcelona (Kick-off 7.00pm). 9.00 Live Spanish Football. A La Liga match. 11.00 Extreme Championship Wrestling 12.00 WWE: Late Night - Smackdown 2.00 WWE: Late Night - Bottom Line 3.00 Golf Night 5.00 Max Power

British Eurosport

7.30 Eurogoals Weekend 8.00 Live Table Tennis. The World Championships. 10.00 Live Snooker: The World Championship. The third session of the second semi-final. 1.00 Live WTA Tennis. The Porsche Tennis Grand Prix semi-finals. 2.45 Live Snooker: The World Championship. The concluding session of the first semi-final. 5.30 Live WTA Tennis. The Porsche Tennis Grand Prix semi-finals. 7.15 Live Snooker: The World Championship. The concluding session of the second semi-final. 10.00 MotoGP 12.00 World Superbikes 1.00 Close

Sky Sports Xtra

6.00 Sports Unlimited 7.00 Max Power 8.00 Ocean Race 8.30 World Sport 9.00 Sports Unlimited 10.00 Max Power 11.00 Hatton v Pacquiao 24/7 11.30 Racing News 12.00 Ocean Race 12.30 Live Masters Tennis. The semi-finals of the Internazionali BNL d'Italia. 5.00 Ocean Race 5.30 Hatton v Pacquiao 24/7 6.00 WWE: Late Night - Smackdown 8.00 Ocean Race 8.30 Golf Night 10.30 Masters Tennis 1.00 Spanish Football 2.30 The Super 14 Show 4.30 NFL: Total Access 5.30 World Sport

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BBC1

Sunday 03/05/09

6.00 Breakfast. (T) 7.35 Match of the Day. (R) (T) 9.00 The Andrew Marr Show. (T) 10.00 The Big Questions. (T) 11.00 Country Tracks. (T) 12.00 The Politics Show. (T) 1.00 Keeping Up Appearances. (R) (T) 1.30 'Allo 'Allo! (R) (T) 2.00 Cash in the Attic. (R) (T) 3.00 Diagnosis Murder. (R) (T) 3.45 EastEnders. (T)

5.40 Points of View. Viewers' comments. (T)
5.55 Songs of Praise. Sally Magnusson visits Bristol. Hymns from St Alban's Church include When the Saints Go Marching In and The Right Hand of God. (T)
6.30 Last of the Summer Wine. Hobbo tries to establish where he was born. (T)
7.00 BBC News; Regional News; Weather. (T)
7.30 Countryfile. Matt Baker and Julia Bradbury discover how the Malvern Hills on the border of Herefordshire and Worcestershire have made their mark on the world stage. Plus, John Craven heads to Norway to investigate ways to introduce sustainable fishing to the UK, and Jules Hudson abandons his GPS to discover whether he can make his way through the countryside using only natural navigation techniques. Including Weather for the Week Ahead. (T)
8.30 Inspector George Gently. New series. Martin Shaw returns in the first of four feature-length episodes as the Sixties Northumbrian detective. Gently and Bacchus investigate a murder in a former children's home. With Lee Ingleby. (T)
10.00 BBC News; Weather. (T)
10.20 Match of the Day 2. Adrian Chiles introduces highlights of today's Premier League fixtures, as Liverpool faced Newcastle United at Anfield and Sunderland took on Everton at the Stadium of Light. The Reds were comprehensive 5-1 winners against the Magpies at St James' Park in December and entered today's game having not lost a home league fixture to the Tynesiders since 1994. Everton's Mikel Arteta was the catalyst to the Toffees' 3-0 success over the Black Cats at Goodison Park earlier in the season, as he scored twice to condemn Ricky Sbragia to defeat in his first game in full-time charge of Wearsiders. (T)
11.10 Damages. Patty begins divorce proceedings against Phil after learning his investment in UNR could jeopardise her lawsuit. Purcell tries to crack the code at the heart of the conspiracy, and though Ellen begins to doubt that Patty tried to kill her, she still helps the FBI involve Tom in the case against Patty. (T)
11.55 FILM: Isn't She Great (2000). Biopic, starring Bette Midler. (T)
1.25 The Sky at Night; (T) Weatherview. (T) 1.50 Sign Zone: DIY SOS. (R) (T) 2.20 Sign Zone: Holby City. (R) (T) 3.20 Sign Zone: All the Small Things. (R) (T) 4.20 BBC News. (T)

Pick of the Day

Inspector George Gently (BBC1, 8.30pm)
There may be question marks hanging over Heartbeat's future, but it seems the BBC have decided there's still a place in the Sunday night schedules for a Sixties-set police drama. However, be warned — the cases that George Gently (Martin Shaw) and his sidekick John Bacchus (Lee Ingelby) investigate tend to be darker than the goings on in Aidensfield. In this episode, the first of four new feature-length stories, the coppers are called in after a lonely old man is found murdered in his dilapidated mansion. The case becomes more complicated when the detectives delve into the history of the house, and discover it was once a children's home. A prime suspect soon emerges in the form of Harry Carson (Matthew McNulty), who once lived there, but it seems several people have a vested interest in hiding the truth about what really went on at Harrison House — including property developer Cora Davidson (Jill Halfpenny). Gently begins to realise they are dealing with something much worse than he could ever have imagined, and calls in the help of an old flame, paediatrician Laura (Sharon Maughan). Meanwhile, Bacchus tries to get one over on a rival officer by giving a talk at a local school, but is left bemused when one of the kids latches on to him.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. 9.25 Coronation Street. (R) (T) 11.40 FILM: The Best of Benny Hill (1974). Compilation of the comedian's sketches. (T) 1.15 ITV News and Weather; Weather. (T) 1.20 FILM: Like Mike (2002). Children's adventure, starring Bow Wow. (T) 3.10 Britain's Got Talent. (R) (T) 4.10 FILM: Mission: Impossible (1996). Action thriller, starring Tom Cruise. (T)

6.15 London Tonight; Weather. (T)
6.30 ITV News and Weather. (T)
6.45 Beat the Star. Adrenaline Junkie presenter Jack Osbourne takes on Kent fitness instructor Chris Wharton in a series of physically punishing and unpredictable events, with #50,000 at stake. The games include goal-scoring challenge Cage Ball, buggy race Flip and Slide and a nerve-racking egg and spoon race, as well as a test of numeracy in Mathletics. Presented by Vernon Kay. (T)
8.00 Heartbeat. Dawson helps the officers investigate antiques dealer Mr Brigstocke, who is accused of selling stolen goods. Mason and Wetherby stake out the shop to catch him red-handed, but the situation becomes life-threatening when Brigstocke sets fire to it. Meanwhile, prejudices are stirred by the arrival of some Taoist monks and tragedy strikes local trouble-makers Julie and Eddie Tinniswood. With Clare Wille and Joe McFadden. (T)
9.00 Martin Clunes: Islands of Britain. New series. The Reggie Perrin star journeys off the shores of Britain, travelling from the most northern tip of the nation to the southerly seas as he visits some of the 1,000 islands around the mainland. Beginning in the Shetlands, Martin makes a hazardous trip to lighthouse rock Muckle Flugga, explores Forvik, Unst, Eigg and Barra and meets former city dwellers trying to create an island paradise.
10.00 ITV News and Weather; Weather. (T)
10.15 TV's Naughtiest Blunders. Neil Morrissey narrates more outrageous out-takes. Embarrassing themselves on the small screen are presenters Ant and Dec, Phillip Schofield and Fern Britton, actor John Barrowman, TV chef Jamie Oliver and Olympic rowing gold-medallist James Cracknell. Also featuring bloopers from the casts of Coronation Street and Emmerdale. (R) (T)
10.55 The Championship. Matt Smith presents action from the final weekend of the regular season in the Championship and Leagues One and Two, including extended highlights of the feature game of the day. (T)
11.55 The Big Tackle with Austin Healey. A check on the progress the five teams have made. Last in the series. (R)
12.55 The Cosby Mysteries. (R) (T) 1.50 Quincy ME; (R) (T) ITV News Headlines. 2.40 Celebrity Chefs in Trouble: Tonight. (R) (T) 3.05 ITV Nightscreen.

BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) 7.00 CBBC: ChuckleVision. (R) (T) 7.15 ChuckleVision. (R) (T) 7.30 Three Delivery; (R) (T) Diddy Dick & Dom. (R) (T) 8.00 The Legend of Dick & Dom. (R) (T) 8.30 MI High; (R) (T) The Owl. (R) (T) 9.00 Escape from Scorpion Island. (T) 10.00 Something for the Weekend. (T) 11.30 Great British Menu. (R) (T) 12.00 Animal Park. (T) 12.30 Live MotoGP. The Spanish Grand Prix. (T) 2.00 Snooker: The World Championship. Live coverage of the opening session of the final. (T) 5.25 Carry On in Rude Health. (R) (T) 5.30 FILM: Carry On Again, Doctor (1969). Medical comedy, starring Sid James. (T) 6.55 Carry On Talking. (R) (T) 7.00 The Car Show. Documentary exploring the ways cars have been presented on TV and the motoring shows that have tapped into the collective subconscious of Britain. The programme looks at the rebirth of Top Gear, along with shows such as Panic Mechanics and Stars in Fast Cars, which all reflect a recent shift away from the traditional car review show toward a more topical and spectacular viewing experience. Murray Walker Narrates. (T) 8.00 Snooker: The World Championship. Ray Stubbs and Rishi Persad introduce further live coverage of the final at the Crucible Theatre in Sheffield, featuring the second of a potential four sessions. (T) 11.00 The Graham Norton Show Uncut. (T) 11.45 Heroes. (R) (T) 12.30 BBC News. 0.30 Click. 1.00 BBC News. 1.30 Reporters. 2.00 BBC News. 2.30 Dateline London. 3.00 BBC News. 3.30 The Record Europe. 4.00 BBC News. (T) 4.20 Close.

C4

6.15 The Hoobs. (R) (T) 6.40 Planet Cook. (R) (T) 7.00 Sailing. (R) 7.30 Sailing. (R) 8.00 Freesports on 4. (R) (T) 8.55 T4: Friends. (R) (T) 9.25 T4: Wolverine: T4 Movie Special. (R) (T) 9.55 T4: Hollyoaks. (T) 12.25 T4: Shipwrecked 2009: Battle of the Islands. (T) 1.25 T4: The Big Bang Theory. (R) (T) 1.55 Channel 4 Racing from Newmarket and Salisbury. Including the 3.10 stanjames.com 1000 Guineas Stakes (1m). (T) 4.05 The Simpsons. (R) (T) 4.35 The Simpsons. (R) (T) 5.00 Deal or No Deal. (T) 5.45 Supernanny USA. (R) (T) 6.45 Channel 4 News. (T) 7.00 Child Genius. Part two of two. Revisiting 13-year-old prodigies. (R) (T) 8.00 Come Dine with Me. Four amateur cooks from Wolverhampton compete to host the perfect dinner party. Confidence is misinterpreted as arrogance and beautician Farida Kalifa is insulted on the first night. (T) 9.00 The Secret Millionaire. Beauty industry entrepreneur Rob Calcraft goes undercover in Cumbria. (T) 10.00 Chris Moyles' Quiz Night. Carol Vorderman is one of the guests joining the Radio 1 DJ on his entertainment show, competing against two other celebrities for a prize donated by the broadcaster himself. (T) 10.50 FILM: Get Over It (2001). Romantic comedy, starring Kirsten Dunst and Ben Foster. (T) 12.30 FILM: Jab We Met (2007). Premiere. Bollywood romantic comedy, starring Shahid Kapoor and Kareena Kapoor. 3.15 Hill Street Blues. (R) 4.05 Time Team. Tony Robinson and the team visit Cheddar Gorge. (R) (T) 4.55 Countdown. (R) (T) 5.40 Cubeez. A clown tries to ride a unicycle. (R) (T)

FIVE

6.00 Milkshake!: Thomas & Friends. (R) (T) 6.10 Little Princess. (R) (T) 6.25 Peppa Pig. (R) (T) 6.30 Pocoyo. (R) (T) 6.40 Angels of Jarm. (R) (T) 6.50 Little Princess. (R) (T) 7.00 Mio Mao. (R) (T) 7.05 Ebb and Flo. (R) (T) 7.10 Milkshake! Show Songs. (T) 7.20 Franklin. (R) (T) 7.45 Hana's Helpline. (R) (T) 8.00 Olivia. (R) (T) 8.15 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 8.30 Animal Families. (R) (T) 8.45 Harry and His Bucket Full of Dinosaurs. (R) (T) 9.05 Roary the Racing Car. (R) (T) 9.20 Rupert Bear. (R) (T) 9.35 The Milkshake! Show. (R) (T) 10.00 Great Edinburgh Run. (T) 11.30 Build a New Life in the Country - Was It Worth It? (R) (T) 12.30 Michaela's Zoo Babies. (R) (T) 1.00 Michaela's Zoo Babies. (R) (T) 1.30 FILM: Finian's Rainbow (1968). Musical fantasy, starring Fred Astaire. (T) 4.10 FILM: Awakenings (1990). Drama, with Robin Williams and Robert De Niro. (T) 6.20 Five News. (T) 6.25 FILM: The Mask of Zorro (1998). The ageing hero trains a protege to take on his mantle and defeat an evil governor. Swashbuckling adventure, with Antonio Banderas and Anthony Hopkins. (T) 9.00 FILM: The Devil's Own (1997). A New York cop takes in an Irish lodger, only to discover his boarder is an IRA gunman on a mission. Thriller, starring Harrison Ford and Brad Pitt. (T) 11.10 FILM: Brubaker (1980). Fact-based prison drama, starring Robert Redford. (T) 1.40 Winter X Games. 2.05 Boxing Classic. (R) 2.55 Boxing USA. 3.55 FIM Motocross. 4.45 Motorsport Mundial. 5.10 House Doctor. (R) (T) 5.35 House Doctor. (R) (T)

LOCAL

RTP1
0630 Children TV 0800 Bom Dia Portugal 1000 Mass 1130 T2 Para 3 "Remodelado" 1230 Contra Informação 1300 News 1415 Só Visto! 1530 Terminator: The Sarah Connor Chronicles, series 1700 Dr T and the Women, film 1915 Vila Faia 2000 News 2100 As Escolhas de Marcelo Rebelo de Sousa 2130 Febre da Dança 2230 Os Contemporâneos 2315 Domingo Desportivo 0115 Bloody Sunday, film 0315 Telesales 0605 Nós
RTP2
0700 Euronews 0730 África@Global 0800 Músicas de África 0900 Caminhos 0930 70x7 1000 Nós 1100 Da Terra ao Mar 1130 Consigo 1200 Vida por Vida 1230 Olhar o Mundo 1300 Toulouse Lautrec 1400 National Geographic 1445 Voz do Cidadão 1500 Sports 1900 Arte e Emoção 1930 Alma e a Gente 2000 TBA 2100 Falamos de António Campos 2200 News 2230 Câmara Clara 2350 Britcom 0050 Onda Curta 0150 Sports 0530 Euronews
SIC
0630 Sic Kids 0845 Disney Kids 1015 Power Rangers 1045 Tween Box: Samurai Girl 1200 BBC Wild Life 1300 News 1400 Fama Show 1445 Disney Film 1630 Film 1815 Film 2000 News 2100 Grande Reportagem 2145 Tá a Gravar 0130 CSI New York 0230 Quando o Telefone Toca
TVI
0700 Children's TV 0930 O Bando dos Quatro 1030 Hannah Montana 1115 Mass 1300 News 1400 Film 1600 Film 1800 Film 2000 News 2100 Equador 2200 Uma Canção Para Ti 0100 Sempre A Somar 0215 Film 0400 Law & Order: Special Victims Unit, series 0500 Telesales 0630 Todos Iguais

Best of the Rest

BBC3
7.00 Dog Borstal 8.00 Snog, Marry, Avoid? 8.30 Snog, Marry, Avoid? 9.00 Two Pints of Lager and a Packet of Crisps 9.30 Two Pints: The Love Triangle 10.00 Family Guy 10.20 American Dad! 10.45 My Life As an Animal 11.45 Two Pints of Lager and a Packet of Crisps 12.15 Two Pints: The Love Triangle 12.45 Snog, Marry, Avoid? 1.15 Snog, Marry, Avoid? 1.45 My Life As an Animal 2.45 Dog Borstal 3.40 Freaky Eaters 4.40 Snog, Marry, Avoid? 5.10 Close
BBC4
7.00 Cranford 8.00 Wainwright Walks: Coast to Coast 8.30 Mud, Sweat and Tractors: The Story of Agriculture 9.30 Cloudspotting 11.00 Flight of the Conchords 11.30 Flight of the Conchords 12.00 Mud, Sweat and Tractors: The Story of Agriculture 1.00 Wainwright Walks: Coast to Coast 1.30 Cloudspotting 3.00 Mud, Sweat and Tractors: The Story of Agriculture 4.00 Close
ITV2
1.40 All Star Mr & Mrs 2.40 The Planet's Funniest Animals 3.10 Gossip Girl 4.10 Britain's Got More Talent 5.10 Film: IQ PG (1994) 7.00 Primeval 8.00 Britain's Got Talent 9.00 Supernatural 10.00 Katie & Peter: The Next Chapter Stateside 11.00 Film: Mission: Impossible 2 15 (2000) 1.30 Celebrity Juice 1.55 Teleshopping 4.50 ITV2 Nightscreen
Sky1
1.00 Oops TV 1.30 Live A1 Grand Prix 5.00 The Simpsons 5.30 The Simpsons 6.00 Guinness World Records Smashed! 7.00 Don't Forget the Lyrics 8.00 The Simpsons 8.30 The Simpsons 9.00 Lost 10.00 Fringe 11.10 Night Cops 12.10 Road Wars 1.10 Road Wars 2.00 Street Wars 2.50 Naked in Blackpool 3.40 Tenerife Uncovered 4.35 Weeds 5.10 Brainiac: Science Abuse
G.O.L.D
1.50 Only Fools and Horses 3.25 Only Fools and Horses 4.55 Only Fools and Horses 6.40 Only Fools and Horses 8.00 Film: Spider-Man 2 PG (2004) 10.30 Film: Bruce Almighty 12 (2003) 12.15 The Two Ronnies 1.10 Charlie's Angels 2.10 Charlie's Angels 3.00 Close
TCM
1.05 The Big Trees PG (1952) 3.00 Ben-Hur PG (1959) 6.55 The Boy Who Could Fly PG (1986) 9.00 The Bonfire of the Vanities 15 (1990) 11.25 A Star Is Born 15 (1976) 2.10 The First Deadly Sin 15 (1980) 4.10 Off Set 5.00 Thunder Over the Plains U (1953)
The Disney Channel
Kids' programmes from 7am, except: 4.00 Film: Eddie's Million Dollar Cook-Off U (2003) Comedy, starring Orlando Brown.

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MOVIES

Sky Movies Drama

6.30 The War PG (1994) 8.45 The Other Sister 12 (1999) 11.00 Alex Zane's Guest List 11.30 King of the Hill 15 (1993) With Jesse Bradford. 1.15 The Namesake 12 (2006) With Kal Penn. 3.30 35MM 4.00 Agnes of God 15 (1985) With Jane Fonda. 5.45 Idlewild 15 (2006) With Andre Benjamin. 8.00 Dead Man Walking 15 (1995) With Susan Sarandon. 10.05 Joan of Arc 15 (1999) With Milla Jovovich. 12.50 Sleepers 18 (1996) With Brad Pitt. 3.20 Gridlock'd 18 (1997) 5.05 Miracle in the Woods PG (1997)

Sky Movies Comedy

6.35 My Fair Eddie PG (2008) 8.05 The Love Letter 15 (1999) 9.35 To Be or Not To Be PG (1983) 11.25 Grandma's Boy 15 (2006) With Allen Covert. 1.05 Wayne's World 2 PG (1993) With Mike Myers. 2.45 Liar, Liar 12 (1997) With Jim Carrey. 4.15 The Distinguished Gentleman 15 (1992) With Eddie Murphy. 6.10 To Be or Not To Be PG (1983) With Mel Brooks. 8.00 Wayne's World 2 PG (1993) With Mike Myers. 9.40 Liar, Liar 12 (1997) With Jim Carrey. 11.10 Grandma's Boy 15 (2006) With Allen Covert. 12.50 The Distinguished Gentleman 15 (1992) With Eddie Murphy. 2.50 The Love Letter 15 (1999) With Kate Capshaw. 4.30 My Fair Eddie PG (2008)

Sky Movies Action/Thriller

6.45 Legionnaire 15 (1998) 8.40 Airport 1975 PG (1974) 10.40 Plunkett & Macleane 15 (1999) 12.35 Shooter 15 (2007) With Mark Wahlberg. 2.50 Ghost Rider 12 (2007) With Nicolas Cage. 4.50 The Net 12 (1995) With Sandra Bullock. 6.50 Shooter 15 (2007) With Mark Wahlberg. 9.00 The Net 12 (1995) With Sandra Bullock. 11.00 Ghost Rider 12 (2007) With Nicolas Cage. 12.55 End of Days 18 (1999) With Arnold Schwarzenegger. 3.00 Dead Presidents 18 (1995) With Larenz Tate. 5.05 Airport 1975 PG (1974)

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SPORT

Sky Sports 1

6.00 Aerobics Oz Style 6.30 Football First 8.00 Football First 9.30 The Sunday Supplement 11.00 Goals on Sunday 1.00 Live Football League. A Championship fixture (Kick-off 1.15pm). 3.30 Live Super Sunday. Sunderland v Everton (Kick-off 4.00pm). 6.30 Super Sunday: The Last Word 7.00 Football League 8.00 Live Spanish Football. A La Liga match. 10.00 Football Special 11.30 Super Sunday: The Last Word 12.00 Football League 1.00 Spanish Football 3.00 Football Special 4.30 Super Sunday: The Last Word 5.00 Football League

Sky Sports 2

6.00 Race World 7.00 A1 Grand Prix 8.30 NASCAR 10.55 A1 Grand Prix 12.25 Live Super League. Huddersfield Giants v Celtic Crusaders (Kick-off 12.30pm). 2.30 Live European Rugby Union. Cardiff Blues v Leicester Tigers (Kick-off 3.00pm). 5.00 Ocean Race 5.30 WWE: Experience 6.30 Masters Tennis 8.00 Golf Night 10.00 Masters Tennis 11.30 Golf Night 1.30 Masters Tennis 3.00 Golf Night 5.00 360 Series 5.30 World Sport

Sky Sports 3

6.00 Watersports World 7.00 Wild Spirits 7.30 Spanish Football 9.00 WWE: Afterburn 10.00 WWE Vintage Collection 11.00 Wild Spirits 11.30 Racing News 12.00 360 Series 12.30 Live European Tour Golf. The Open de Espana. 4.30 Wild Spirits 4.55 Live Super League. Catalans Dragons v Leeds Rhinos (Kick-off 5.00pm). 7.00 Live Super League. Warrington Wolves v Hull Kingston Rovers (Kick-off 7.00pm). 9.15 European Rugby Union Special 11.45 WWE: Late Night - Afterburn 12.45 WWE Vintage Collection 1.45 European Rugby Union Special 4.15 Watersports World 5.15 Ocean Race 5.45 Sky Sports Classics

British Eurosport

7.30 World Series by Renault 8.00 World Touring Car Championship 8.30 Live Table Tennis. The World Championships. 11.00 Live World Touring Car Championship. The warm-up session from Marrakech in Morocco. 11.30 Snooker: The World Championship 12.45 Live World Series by Renault. The second race at Spa-Francorchamps in Belgium. 1.45 Live World Touring Car Championship. The third round of the season from Marrakech in Morocco. 3.45 Motorsports Weekend 4.00 Live Snooker: The World Championship. The opening session of the final in Sheffield. 6.00 WTA Tennis 7.30 Cycling 8.00 Live Snooker: The World Championship. The second session of the final from Sheffield. 11.00 Boxing 12.15 Motorsports Weekend 12.30 Close

Sky Sports Xtra

6.00 Pool 7.00 The Super 14 Show 9.00 Masters Tennis 11.30 The Super 14 Show 1.30 Watersports World 2.30 World Sport 3.00 Live Masters Tennis. The Internazionali BNL d'Italia final. 5.30 NASCAR 8.00 A1 Grand Prix 10.00 NASCAR 12.30 A1 Grand Prix 2.30 Max Power 3.30 360 Series 4.00 A1 Grand Prix

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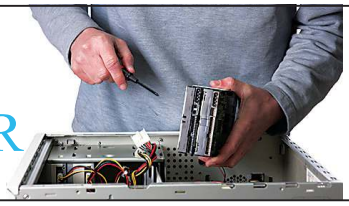

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BBC1

6.00 Breakfast. (T) 9.15 Real Rescues. (T) 10.00 Homes Under the Hammer. (R) (T) 11.00 To Buy or Not to Buy. (R) (T) 11.30 Sun, Sea and Bargain Spotting. (T) 12.15 Cash in the Attic. (R) (T) 1.00 BBC News; Weather. (T) 1.15 Regional News; Weather. (T) 1.20 Wallace & Gromit: The Wrong Trousers. (R) (T) 1.50 FILM: Holes (2003). Family adventure, starring Shia LaBeouf. (T) 3.40 FILM: The Haunted Mansion (2003). Comedy, starring Eddie Murphy. (T)

5.00 Weakest Link. Stars of West End musicals including The Phantom of the Opera, Wicked, The Sound of Music and Mamma Mia! take part in a special edition of the quiz. Anne Robinson hosts. (R) (T)

6.00 My Family. An undercover assessor at the surgery leads to Ben having to attend a retraining course. Robert Lindsay stars. (R) (T)

6.30 BBC News; Weather. (T)

6.55 Regional News Programmes; Weather. (T)

7.00 The One Show. Adrian Chiles and Christine Bleakley present reports on issues affecting people around the UK. (T)

7.30 Watchdog. Nicky Campbell, Julia Bradbury, Paul Heiney and Anita Rani investigate consumer issues; (T) BBC News; Regional News. (T)

8.00 EastEnders. Heather writes a letter to her unborn child's father enclosing the picture of her scan, but decides against sending it. Tanya attracts the attention of a new doctor and Nick sends Billy hate mail. (T)

8.30 Panorama. John Sweeney goes on the trail of cricket promoter Alan Stanford, who was hailed as the saviour of the game in 2008, but later accused of a multi-billion-dollar business fraud. (T)

9.00 Ashes to Ashes. After a 10-year-old girl is injured in a petrol bomb attack by animal rights activists, an outraged Gene takes Alex to interview a veteran campaigner in jail. Though the prisoner is weak and incoherent after going on hunger strike, Alex is convinced he not only has details of planned attacks - he may also know about her own situation and be able to help her get home. David Bradley and Rory Kinnear guest star. (T)

10.00 BBC News. (T)

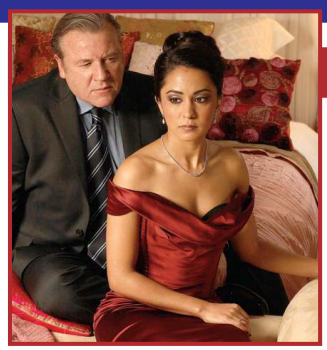
10.05 Regional News; Weather. (T)

10.15 The Omid Djalili Show. The comedian talks about recycling and an aggressive football fan. Sketches feature a delivery man who infiltrates MI5 and new soap opera Darts Players' Wives. (T)

10.45 Inside Sport. Former England opening batsman-turned-pundit Geoffrey Boycott joins Gabby Logan in the studio to look ahead to the Test series between England and West Indies, which gets under way on Wednesday at Lord's. There is also a chat with Tour de France and Olympic cyclist Mark Cavendish. (T)

11.15 FILM: Glory Road (2006). Premiere. Fact-based sporting drama, starring Josh Lucas; (T) Weatherview. (T)

1.15 Sign Zone: The Real Swiss Family Robinson. (R) (T) 2.15 Sign Zone: The Department Store. (R) (T) 3.15 Sign Zone: Orangutan Diary. (R) (T) 3.45 Sign Zone: Real Rescues. (R) (T) 4.30 BBC News. (T)



Pick of the Day

Compulsion (ITV1 Granada, 9pm)
If the thought of Ray Winstone getting all passionate with Parminder Nagra isn't your idea of a good time, it might be best if you turned away from the screen when Compulsion begins. It's certainly an odd pairing; that nice girl from Bend It Like Beckham and ER with the bloke from Scum who usually plays villains. But that's what makes Compulsion so intriguing — not to mention a little bit daring. Loosely based on the Jacobean tragedy The Changeling, it features Nagra as Anjika, a Cambridge graduate who's back living with her wealthy mum and dad while waiting for the next stage of her life to begin. Her parents want to arrange her a marriage, but Anjika already has a nice, middle-class white boyfriend — and that's where the trouble begins. The family's chauffeur is obsessed with Anjika, so when she complains about the state of her life and the man her parents have chosen for her, he offers to sort out her situation in return for one night in a hotel. What happens next comes as something of a shock to all involved. Vincent Ebrahim, James Floyd and Ben Aldridge also star.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (R) 10.30 No Place Like Home? (R) (T) 11.30 60 Minute Makeover. (R) (T) 12.30 ITV Lunchtime News. (T) 12.40 London News and Weather. (T) 12.45 Live Women's FA Cup Football. Arsenal v Sunderland (Kick-off 1.00pm). Subsequent programmes subject to change. (T) 3.00 Dickinson's Real Deal. (T) 3.59 London Weather. (T) 4.00 The Biggest Loser. (T)

5.00 Golden Balls. Jasper Carrott hosts the show in which four contestants enter a game of truth and bluff to find life-changing amounts of cash hidden inside a set of golden balls. (T)

6.00 London Tonight; Weather. (T)

6.15 ITV Evening News; Weather. (T)

6.30 You've Been Framed! Harry Hill narrates camcorder calamities. (R) (T)

7.00 Emmerdale. Natasha enlists Debbie's help to follow Mark, but he manages to outsmart his suspicious wife. Pollard steals David's thunder by turning up to his protest walk and declaring the public footpath will be kept open, prompting his son to decide to move out of Farrer's Barn. Elsewhere, Nicola and Jimmy fight about the love letter. (T)

7.30 Coronation Street. Eileen refuses to visit Colin in the hospital even when news comes through that he has had a stroke. Roy decides to trust Anna with his bank details, and Ken plans his getaway. (T)

8.00 Airline. A World War Two veteran revisits his best friend's memorial at Monte Cassino, taking along the dead man's son, while a woman and her daughter miss the check-in time for a flight to Belfast. A passenger plans a mid-air proposal and tempers flare at Bristol when travellers rerouted by an air traffic control strike have to buy new tickets to get home. (R) (T)

8.30 Coronation Street. Despite Peter's condemnation, Ken leaves to start his new life with Martha. Eddie goes on a shopping spree with Roy's bank card, and Julie cannot help feeling compassion for Colin. (T)

9.00 Compulsion. Ray Winstone and Parminder Nagra star in this one-off drama loosely based on Jacobean tragedy The Changeling. Anjika is a young woman with the world at her feet, until her father announces he intends for her to marry the son of a business associate. It seems there is nothing she can do to avoid the arranged marriage, but then her father's chauffeur offers to make the problem go away - on the condition that she spends the night with him. (T)

11.00 The Late News and Weather; Weather. (T)

11.15 FILM: D-Tox (2002). Thriller, starring Sylvester Stallone. (T)

1.00 Champions League Weekly. (T) 1.25 FILM: Peacemakers (2003). Wild West thriller, starring Tom Berenger; (T) ITV News Headlines. 2.35 The Jeremy Kyle Show. (R) (T) 3.30 ITV Nightscreen.

BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies; (R) (T) Doodle Do Making Moments. (R) (T) 7.00 CBBC: Freefonix. (R) (T) 7.25 Newsround. (T) 7.30 Dani's House. (R) (T) 8.00 Scoop. (R) (T) 8.30 CBeebies: Big & Small. (R) (T) 8.40 Bob the Builder: Project Build It. (R) (T) 8.50 3rd & Bird; (R) (T) Mr Tumble Shorts. (R) (T) 9.10 CBeebies: Something Special. (R) (T) 9.30 Boogie Beebies. (R) (T) 9.45 Get Squiggling. (R) (T) 10.00 Nina and the Neurons. (R) (T) 10.15 Charlie and Lola. (R) (T) 10.30 In the Night Garden. (R) (T) 11.00 FILM: In Search of the Castaways (1962). Children's adventure, starring Hayley Mills. (T) 12.35 FILM: Five Children and It (2004). Children's adventure, starring Kenneth Branagh. (T) 2.00 Snooker: The World Championship. Live coverage of the third session of the final. (T) 4.45 Flog It! (T) 5.15 Cash in the Celebrity Attic. (T) 6.00 Eggheads. (T) 6.30 Great British Menu. (T) 7.00 Johnny Cash: The Last Great American. Tribute to the influential country singer-songwriter who left a legacy of more than 1,500 songs, including Folsom Prison Blues, Forty Shades of Green and I Walk the Line. (R) (T) 8.00 Snooker: The World Championship. Live coverage of the fourth and concluding session of the final at the Crucible Theatre in Sheffield, where a potential 11 frames are in store to decide the 2009 champion. Subsequent programmes subject to change. (T) 11.00 Have I Got News for You. (R) (T) 11.30 The Wire. (T) 12.25 BBC News. (T) 3.15 The Super League Show. (T) 4.00 BBC Learning Zone. (T)

C4

5.50 The Hoobs. (R) (T) 6.15 The Hoobs. (R) (T) 6.40 Planet Cook. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Everybody Loves Raymond. (R) (T) 8.30 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.25 Friends. (R) (T) 9.50 Take That v Robbie: Top Ten. (R) (T) 10.55 FILM: Ladyhawke (1985). Fantasy adventure, starring Rutger Hauer and Michelle Pfeiffer. (T) 1.05 FILM: Battle of Britain (1969). World War Two drama, starring Laurence Olivier. (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.30 Bear Grylls: Mission Everest. Feature-length documentary following the attempt by adventurer Bear Grylls and his friend to fly paramotors - flimsy paraglider chutes powered by backpack engines - over Everest. (R) (T) 9.00 Endgame. Political thriller about the true story of a businessman who helped dismantle apartheid in South Africa, following the key players who risked everything to achieve a delicate state of trust between warring parties. In making the film, screenwriter Paula Milne conducted extensive research into this period of racial segregation and interviewed many of the figures involved. Starring Jonny Lee Miller, William Hurt, Chiwetel Ejiofor and Clarke Peters. (T) 11.05 The Secret Millionaire. (R) (T) 12.10 Chris Moyles' Quiz Night. (R) (T) 12.55 NY-LON. (R) (T) 1.55 3 Minute Wonder: Bravo! (R) (T) 2.00 FILM: Mysterious Skin (2004). Drama, starring Brady Corbet. (T) 3.45 Abductees. (R) (T) 4.00 Channel 4 Education. (T)

FIVE

6.00 Milkshake!: Miss Spider's Sunny Patch Friends. (R) (T) 6.10 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.25 Fireman Sam. (R) (T) 6.35 Roary the Racing Car. (R) (T) 6.45 Roobarb and Custard Too. (R) (T) 6.55 Peppa Pig. (R) (T) 7.00 Olivia. (R) (T) 7.15 Little Princess. (R) (T) 7.25 The Milky and Shake Show. (R) (T) 7.30 The Mr Men Show. (R) (T) 7.45 Noddy in Toyland. (T) 8.00 Fifi and the Flowertots. (R) (T) 8.15 Peppa Pig. (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Pocoyo. (R) (T) 8.50 Bert and Ernie's Great Adventures. (R) (T) 8.55 Play! (R) (T) 9.00 Rupert Bear. (R) (T) 9.15 The Wright Stuff. (T) 10.45 Trisha Goddard. (T) 11.45 Colin and Justin's How Not to Decorate. (R) (T) 12.30 Animal Rescue Squad. (R) (T) 1.00 Wordplay. (T) 1.50 Neighbours. (T) 2.20 Home and Away. (T) 2.50 Wordplay Plus. (T) 3.05 The Family Recipe. (R) (T) 3.15 FILM: Anzio (1968). Wartime drama, starring Robert Mitchum. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Zoo Days. (R) (T) 7.00 Five News at 7. (T) 7.30 Chris Barrie's Massive Speed. Chris explores the history of speedboats; (R) (T) 7.30 Five News Update. (T) 8.00 The Gadget Show. Gail Porter and Jason Bradbury compare iTunes with its rival Spotify, before using Facebook and Twitter to organise a public stunt known as a flashmob at Somerset House in London; (T) 8.00 Five News at 9. 9.00 FILM: Hollow Man (2000). A scientist tests an invisibility serum on himself but becomes intoxicated by the power he wields. Thriller, starring Kevin Bacon and Elisabeth Shue. (T) 11.10 FILM: Urban Legends II: Final Cut (2000). Horror sequel, starring Jennifer Morrison. (T) 1.00 NASCAR. 2.40 US PGA Golf. 3.30 AMA Supercross. 4.00 Arenacross. 4.35 NBA 360. 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

LOCAL

RTP1
0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1415 Chamas da Vida 1500 Sangue do Meu Sangue 1610 Portugal no Coração 1800 Portugal em Directo 1905 Preço Certo 2000 News 2100 Notas Soltas 2115 Cuidado Com a Língua 2135 Duelo Final 2230 Prós e Contras 0100 Saved, series 0150 Prova de Amor 0330 Telesales 0605 Nòs

RTP2
0720 Zig Zag 1400 Sociedade Civil 1530 Grandes Livros 1630 Estoril Open 1830 A Fé dos Homens 1900 Eurodeputados 1945 Zig Zag 2045 Everybody Hates Chris, series 2115 National Geographic 2145 A Hora da Sorte 2200 News 2240 ER, series 0030 Noites da Dois 0100 Universidades 0130 Diga Lá Excelência 0215 Eurodeputados 0300 Euronews 0500 Sociedade Civil

SIC
0600 Sic Notícias 0900 Ligou, Ganhou! 1000 Fátima 1300 News 1415 O Cravo e a Rosa 1530 Contacto 1715 Rebelde Way 1800 Três Irmãs 1900 Nós por Cá 2000 News 2100 Mário Crespo Entrevista 2130 Os Malucos do Riso 2215 Não Há Crise 2300 Caminho das Índias 2345 Podia Acabar o Mundo 0045 Criminal Minds, series 0145 CSI New York, series 0230 Quando o Telefone Toca 0430 Ciranda de Pedra

TVI
0700 Diário da Manha 1015 Você na TV! 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganha 1815 Morangos com Açúcar 2000 News 2130 Flor do Mar 2230 Feitiço de Amor 2315 Olhos nos Olhos 0015 Dr. House, series 0115 The Black Donnellys, series 0230 Sempre a Somar 0415 TVI Negócios 0430 Law & Order: Special Victims Unit, series 0530 Telesales

Best of the Rest

BBC3
7.00 Doctor Who 7.45 Robin Hood 8.30 Snog, Marry, Avoid? 9.00 Gavin & Stacey 9.30 Bizarre ER 10.00 EastEnders 10.30 Kirsten's Topless Ambition 11.30 Family Guy 11.50 Family Guy 12.15 Bizarre ER 12.45 Gavin & Stacey 1.15 Snog, Marry, Avoid? 1.45 Two Pints of Lager and a Packet of Crisps 2.15 Two Pints: The Love Triangle 2.45 Kirsten's Topless Ambition 3.45 Snog, Marry, Avoid? 4.15 My Life As an Animal 5.15 Close

BBC4
7.00 The Sky at Night 7.30 Timeshift: Farm to Pharma - The Rise and Rise of Food Science 8.30 A Poet's Guide to Britain 9.00 Eric Clapton and Steve Winwood 10.00 Eric Clapton: The Rock 'n' Roll Years 10.30 Blues Britannia - Can Blue Men Sing the Whites? 12.00 Flight of the Conchords 12.30 Flight of the Conchords 12.55 Eric Clapton and Steve Winwood 1.55 Eric Clapton: The Rock 'n' Roll Years 2.25 A Poet's Guide to Britain 2.55 Timeshift: Farm to Pharma - The Rise and Rise of Food Science 3.55 Close

ITV2
1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Film: IQ PG (1994) 5.45 Judge Judy 6.45 Beat the Star 8.00 Primeval 9.00 The Chopping Block 10.00 Film: Mission: Impossible 2 15 (2000) 12.25 Coronation Street 12.55 Coronation Street 1.25 Teleshopping 4.25 ITV2 Nightscreen

Sky1
1.00 Don't Forget the Lyrics 2.00 Bones 3.00 Bones 4.00 Malcolm in the Middle 4.30 Futurama 5.00 Futurama 5.30 Oops TV 6.00 Oops TV 6.30 The Simpsons 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 The Simpsons 9.00 24 10.00 Road Wars 11.00 Road Wars 12.00 Champions League Weekly 12.30 Road Wars 1.30 Inside: Miami Vice 2.25 Ibiza Uncovered 3.20 Road Wars 4.15 Don't Forget the Lyrics 5.05 Brainiac: Science Abuse

G.O.L.D
2.45 Only Fools and Horses 4.25 Only Fools and Horses 6.10 Film: Matilda PG (1996) 8.00 Film: Bruce Almighty 12 (2003) 9.50 Blackadder Exclusive: The Whole Rotten Saga 12.00 Blackadder Goes Forth 12.40 What a Carry On! 1.15 Charlie's Angels 2.10 Charlie's Angels 3.00 Close

TCM
1.00 The Singing Nun U (1966) 3.00 Cats & Dogs PG (2001) 4.45 How the West Was Won PG (1962) 7.40 Pick a Star U (1937) 9.00 Coma 15 (1978) 11.15 That'll Be the Day 15 (1973) 1.05 Pink Floyd: The Wall 15 (1982) 3.00 Coma 15 (1978) 5.00 Not With My Wife, You Don't! PG (1966)

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MOVIES

Sky Movies Drama

6.50 35MM 7.20 The Children of Huang Shi 12 (2008) 9.30 Amazing Grace PG (2006) 11.30 Away from Her 12 (2006) With Gordon Pinsent. 1.30 Alex Zane's Guest List 2.00 Pride and Prejudice PG (2003) With Kam Heskin. 4.00 Becoming Jane PG (2006) With Anne Hathaway. 6.10 The Jane Austen Book Club 12 (2007) With Kathy Baker. 8.00 3:10 to Yuma 15 (2007) With Russell Crowe. 10.10 Charlie Wilson's War 15 (2007) With Tom Hanks. 11.55 Saturday Night Fever 15 (1977) With John Travolta. 1.55 Titus 18 (1999) With Anthony Hopkins. 4.40 Wolverine Special 5.00 Gideon PG (1999)

Sky Movies Comedy

6.10 Expiration Date 12 (2006) 7.50 The Bachelor 12 (1999) 9.35 Bring It On: In It to Win It 12 (2007) 11.10 Balls of Fury 12 (2007) With Dan Fogler. 12.45 Superbad 15 (2007) With Jonah Hill. 2.45 Hot Rod 12 (2007) With Andy Samberg. 4.20 Bring It On: In It to Win It 12 (2007) With Ashley Benson. 6.00 Harry and the Hendersons PG (1987) With John Lithgow. 8.00 Balls of Fury 12 (2007) With Dan Fogler. 9.35 Superbad 15 (2007) With Jonah Hill. 11.35 Hot Rod 12 (2007) With Andy Samberg. 1.10 The Bachelor 12 (1999) With Chris O'Donnell. 2.55 Harry and the Hendersons PG (1987) With John Lithgow. 4.50 Expiration Date 12 (2006)

Sky Movies Action/Thriller

6.55 Catch a Fire 12 (2006) 8.40 Flags of Our Fathers 15 (2006) 10.55 Patriot Games 15 (1992) 12.55 Hitman 15 (2007) With Timothy Olyphant. 2.35 Pirates of the Caribbean: At World's End 12 (2007) With Johnny Depp. 5.25 VI Warshawski 15 (1991) With Kathleen Turner. 7.00 Patriot Games 15 (1992) With Harrison Ford. 9.00 Hitman 15 (2007) With Timothy Olyphant. 10.50 Marked for Death 18 (1990) With Steven Seagal. 12.40 The Corruptor 18 (1999) With Chow Yun-Fat. 2.45 McVicar 18 (1980) With Roger Daltrey. 4.50 35MM 5.20 NYC: Tornado Terror 12 (2008)

SPORT

Sky Sports 1

6.00 FIFA Futbol Mundial 6.30 Champions League Weekly 7.00 Good Morning Sports Fans 9.00 Soccer Extra 10.30 Live Cricket. Worcestershire Royals v Nottinghamshire Outlaws. 5.00 Soccer AM: The Best Bits 6.00 Big League Weekend 2 7.30 Live Football Special. Aston Villa v Hull City (Kick-off 8.00pm). 10.15 Big League Weekend 2 11.45 Soccer AM: The Best Bits 12.45 Football Special 2.15 Big League Weekend 2 3.45 Watersports World 4.45 Max Power 5.45 Sky Sports Classics

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Adrenaline Adventures 7.00 WWE: Bottom Line 8.00 European Rugby Union Special 10.30 Spanish Football 12.30 Soccer Extra 2.00 Soccer AM: The Best Bits 3.00 Champions League Weekly 3.30 Soccer Extra 5.00 Live Cricket. Worcestershire Royals v Nottinghamshire Outlaws. 6.30 Wild Spirits 7.00 H2O Sports International 7.30 Live Speedway. Wolverhampton Wolves v Coventry Bees. 9.30 Wild Spirits 10.00 Poker 12.00 Speedway 2.00 Poker 4.00 Close

Sky Sports 3

6.00 Football Special 7.30 Super Sunday: The Last Word 8.00 Football League 9.00 Golf Night 11.00 Aerobics Oz Style 11.30 Racing News 12.00 Max Power 1.00 A1 Grand Prix 3.00 Golf Night 5.00 WWE: Raw 7.00 Max Power 8.00 Cricket 10.00 WWE: Late Night - Bottom Line 11.00 WWE: Late Night - Afterburn 12.00 Extreme Championship Wrestling 1.00 WWE Vintage Collection 2.00 Live WWE: Late Night - Raw. Wrestling action from the States. 4.15 Close

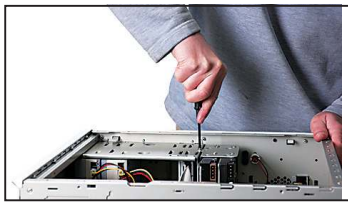
British Eurosport

7.30 Motorsports Weekend 7.45 World Touring Car Championship 8.30 Live Table Tennis. The World Championships. 12.45 Snooker: The World Championship 2.30 Live Snooker: The World Championship. The third session of the final. 5.00 Eurogoals 5.45 Eurogoals: One to One 6.00 Strongest Man 7.00 Snooker: The World Championship 8.00 Live Snooker: The World Championship. The fourth and concluding session of the final. 11.00 Eurogoals 11.45 World Touring Car Championship 12.45 Close

Sky Sports Xtra

6.00 Max Power 7.00 Masters Tennis 8.30 A1 Grand Prix 10.30 The Super 14 Show 12.30 European Rugby Union Special 3.00 Masters Tennis 4.30 Aerobics Oz Style 5.00 European Rugby Union Special 7.30 Adrenaline Adventures 8.00 FEI Equestrian World 8.30 H2O Sports International 9.00 Adrenaline Adventures 9.30 FEI Equestrian World 10.00 Max Power 11.00 Adrenaline Adventures 11.30 Wild Spirits 12.00 Cricket 2.00 Adrenaline Adventures 2.30 Wild Spirits 3.00 Close

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.



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[1] Screen not included. IVA not included
[2] Installation costs €40 per hour, but not available in every area.

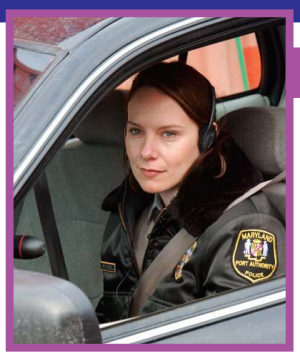
WORLD TELECOM

ANOTHER SERVICE FROM WORLD TELECOM

BBC1

6.00 Breakfast. (T) 9.15 Real Rescues. (T) 10.00 Homes Under the Hammer; (R) (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (R) (T) 11.30 Sun, Sea and Bargain Spotting; (T) BBC News; Weather. (T) 12.15 Cash in the Attic. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Kerwhizz. (T) 3.25 CBBC: Arthur. (T) 3.40 Arthur. (R) (T) 3.55 Uncle Max. (R) (T) 4.05 Richard Hammond's Blast Lab. (R) (T) 4.35 Blue Peter; (T) MyWish. (R) (T) 5.05 Newsround. (T)

5.15 Weakest Link. Anne Robinson oversees the back-stabbing general knowledge quiz. (T)
6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
6.55 Party Election Broadcast for the European Parliament. By the Labour Party. (R) (T)
7.00 The One Show. Adrian Chiles and Christine Bleakley present the live topical show, including regular features by historian Dan Snow and consumer expert Dominic Littlewood. (T)
7.30 EastEnders. The guests arrive late to Amy's christening and a drunken Ronnie spoils the occasion. Roxy finds comfort in Jack - but her sister spots her leaning in to kiss him. Tanya is exasperated that Max refuses to take no for an answer and decides to ask Dr Jenkins for a date, while Zainab secretly invites Syed's girlfriend to dinner; (T) BBC News; Regional News. (T)
8.00 Holby City. Annalese's joy at discovering she is pregnant is marred when Connie makes it clear she knows about her and Michael's cover-up after Steve Hewitt's death - leading her to finally take control of her life. Maddy needs to impress Ric to apply for a new position, but Donna's poor attitude to work is reflecting badly on her, and Mark pulls a few strings when Chrissie's application for the AAU sister's job is rejected. (T)
9.00 All the Small Things. When Jake goes missing, Esther and Michael abandon rehearsals for the North West Choral final to go in search of their son - a pursuit that brings them close again. Last in the series. (T)
10.00 BBC News. (T)
10.25 Regional News; Weather. (T)
10.35 Fix My Fat Head. In the third documentary examining eating disorders in the UK, a 36-year-old questions whether psychological and emotional issues are the cause of her weight problems. Last in the series. Part of the BBC Headroom campaign. (T)
11.25 Damages. Patty begins divorce proceedings against Phil after learning his investment in UNR could jeopardise her lawsuit, while Purcell tries to crack the code at the heart of the conspiracy. (R) (T)
12.10 FILM: The Boys of Sunset Ridge (2001). Drama, starring Ronny Cox; (T) Weatherview. (T) 1.45 Sign Zone: See Hear. (R) (T) 2.15 Sign Zone: The Lost World of Communism. (R) (T) 3.15 Sign Zone: Real Rescues. (R) (T) 4.00 BBC News. (T)



Pick of the Day

The Wire (BBC2, 11.20pm)
The only way that the first series of The Wire could have been any better was if the characters reached through the TV screen and gave you a cake. But apparently season two makes the first run seem positively poor in comparison, so strap yourself in for a heck of a ride. Also, make sure to send a thank-you card to the BBC for showing it, though don't send it for five years. Then they'll know how we felt while the rest of the world was given a chance to watch the best programme on the box, and we were stuck over here waiting for them to buy the rights. Anyway, viewers who fell in love with the gritty crime-drama based on a less-than-elite task force in Baltimore, will be on the edge of their seats in anticipation ahead of tonight's episode, and it doesn't disappoint. As before, it centres on Baltimore's inner-city drug scene, as witnessed through the eyes of the dealers and law enforcement officers. But this time, the baddies are badder and the corruption trail goes all the way to the top. Dominic West, Sonja Sohn and Lance Reddick head the cast.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 60 Minute Makeover. (T) 2.59 London Weather. (T) 3.00 Dickinson's Real Deal. (T) 4.00 The Biggest Loser. (T)

5.00 Golden Balls. Jasper Carrott hosts the show in which four contestants enter a game of truth and bluff to find life-changing amounts of cash hidden inside a set of golden balls before making the final choice of whether to share the jackpot or try to keep it for themselves. (T)
6.00 London Tonight; Weather. (T)
6.25 Party Election Broadcast for the European Parliament. By the Labour Party. (T)
6.30 ITV Evening News; Weather. (T)
7.00 Emmerdale. David confronts Pollard after hearing he is conspiring to close the footpath once the elections are over, and is challenged to hold a public debate with his father. Cain offers financial support when Debbie receives notice Andy is contesting her sole custody claim for Sarah, while Terry considers asking Brenda to move in with him. (T)
7.30 UEFA Champions League Live. Arsenal v Manchester United (Kick-off 7.45pm). Steve Rider presents tonight's semi-final second-leg tie from the Emirates Stadium, where the Gunners boast an unbeaten record in European competition. Subsequent programmes subject to change. (T)
10.00 News at Ten and Weather. (T)
10.30 London News and Weather. (T)
10.35 Cops with Cameras. Miniature recording devices on the uniforms of police officers allow viewers an insight into their work across the UK as they carry out raids, round up suspects and continue the constant fight against crime. (R) (T)
11.35 Nightwatch with Steve Scott: Crime. Documentary following police officers in their ongoing fight against crime. (R)
12.30 Nightwatch with Steve Scott: Crime. (R) 1.20 Supernatural; (R) (T) ITV News Headlines. 2.05 Loose Women. (R) (T) 2.50 The Jeremy Kyle Show. (R) (T) 3.45 ITV Nightscreen.

BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies; (R) (T) Doodle Do Making Moments. (R) (T) 7.00 CBBC: Freefonix. (R) (T) 7.25 Newsround. (T) 7.30 Dani's House. (R) (T) 8.00 Scoop. (R) (T) 8.30 CBeebies: Big & Small. (R) (T) 8.40 Bob the Builder: Project Build It. (R) (T) 8.50 3rd & Bird; (R) (T) Mr Tumble Shorts. (R) (T) 9.10 Something Special. (R) (T) 9.30 Boogie Beebies. (R) (T) 9.45 Get Squiggling. (R) (T) 10.00 Nina and the Neurons. (R) (T) 10.15 Charlie and Lola. (R) (T) 10.30 In the Night Garden. (R) (T) 11.00 Schools: KS2 Science Clips. (T) 11.10 KS2 Science Clips. (T) 11.20 The Maths Channel. (T) 11.30 The Maths Channel. (T) 11.40 Focus. (T) 11.50 Focus. (T) 12.00 Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Castle in the Country. (R) (T) 1.30 Car Booty. (R) (T) 2.15 Heir Hunters. (R) (T) 3.00 Murder, She Wrote. (R) (T) 3.45 Flog It! (R) (T) 4.30 Put Your Money Where Your Mouth Is. (T) 5.15 Cash in the Celebrity Attic. (T) 5.55 Party Election Broadcast for the European Parliament. (T) 6.00 Eggheads. (T) 6.30 Great British Menu. (T) 7.00 Six Degrees of Separation. Documentary examining scientific applications of human web theory. (T) 7.50 Secret Fawns of Yellowstone. The dangers faced by elks at Yellowstone Park in America. (R) (T) 8.00 Wainwright Walks. Climbing Castle Crag in Borrowdale Valley. (R) (T) 8.30 How Britain Got the Gardening Bug. (T) 10.00 Later Live - with Jools Holland. With Paolo Nutini, Booker T, Taylor Swift, Manic Street Preachers and Gurrumul. An extended edition can be seen on Friday at 11.35pm. (T) 10.30 Newsnight; (T) Weather. (T) **11.20 The Wire.** (T) 12.20 High Altitude. (R) (T) 12.50 BBC News. (T) 4.00 BBC Learning Zone. (T)

C4

6.00 Inuk. (R) (T) 6.15 The Hoobs. (R) (T) 6.40 Planet Cook. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Everybody Loves Raymond. (R) (T) 8.30 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 How TV Changed Britain. (R) (T) 10.20 How TV Changed Britain. (R) (T) 11.10 Coming Out to Class. (R) (T) 12.00 News at Noon. (T) 12.30 British Made. (R) (T) 12.40 The City Gardener. (R) (T) 1.10 FILM: A Man Called Peter (1955). Fact-based drama, starring Richard Todd. (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Flatpack Stories. A couple discuss why they believe Ikea was built for them by God. (T) 8.00 Gok's Fashion Fix. The stylist tackles the wardrobe of a 43-year-old biker. (T) 9.00 Born to Be Different: Turning Nine. Part two of two. Following the children through their ninth year. (T) 10.00 Shameless. After managing to upset everyone, Frank gets cast out for the night by Debbie and seeks shelter in a church confessional booth - where he overhears a neighbour's shocking story. (T) 11.05 The Big Bang Theory. (T) 11.35 My Name Is Earl. (R) (T) 12.05 European Poker Tour. 1.05 4Sport: Destination 2012. (R) (T) 2.00 World Sport. (R) 2.30 World Superbikes. (R) 3.00 Full Metal Challenge. (R) (T) 4.00 Channel 4 Education. (T)

FIVE

6.00 Milkshake!: Miss Spider's Sunny Patch Friends. (R) (T) 6.10 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.25 Fireman Sam. (R) (T) 6.35 Roary the Racing Car. (R) (T) 6.45 Roobarb and Custard Too. (R) (T) 6.55 Peppa Pig. (R) (T) 7.00 Olivia. (R) (T) 7.15 Little Princess. (R) (T) 7.25 The Milky and Shake Show. (R) (T) 7.30 The Mr Men Show. (R) (T) 7.45 Noddy in Toyland. (T) 8.00 Fifi and the Flowertots. (R) (T) 8.15 Peppa Pig. (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Pocoyo. (R) (T) 8.50 Bert and Ernie's Great Adventures. (R) (T) 8.55 Play! (R) (T) 9.00 Rupert Bear. (R) (T) 9.15 The Wright Stuff. (T) 10.45 Trisha Goddard. (T) 11.45 Colin and Justin's How Not to Decorate. (R) (T) 12.30 Animal Rescue Squad. (R) (T) 12.45 Five News. (T) 12.55 Wordplay. (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Wordplay Plus. (T) 3.10 FILM: The Brooke Ellison Story (2004). Fact-based drama, starring Lacey Chabert. (T) 5.00 Five News with Natasha Kaplinsky; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Zoo Days. (R) (T) 6.55 Party Election Broadcast for the European Parliament. (T) 7.00 Five News at 7. (T) 7.30 Highland Emergency. Rescuers hunt for a mother and daughter lost on a mountain; (R) (T) 7.30 Five News Update. (T) 8.00 The Ghosts of the Mary Rose: Revealed. The sinking of Henry VIII's favourite warship in 1545; (R) (T) 8.00 Five News at 9. 9.00 CSI: Crime Scene Investigation. Langston and Riley are taken hostage. (T) 10.00 CSI: Miami. A bride is shot dead during her elaborate wedding ceremony; (R) (T) Five News Update. (T) 11.00 CSI: NY. (R) (T) 12.00 The Shield. (R) (T) 1.00 NBA Basketball. 3.30 NBA Basketball. (R) 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

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LOCAL

RTP1
0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1415 Chamas da Vida 1500 Sangue do Meu Sangue 1610 Portugal no Coração 1805 Preço Certo 1900 News 1945 Football 2130 News 2200 Duelo Final 2300 Football Highlights 2345 Liga dos Últimos 0045 Lost, series 0215 Prova de Amor 0345 Telesales 0605 Nós
RTP2
0720 Zig Zag 1400 Sociedade Civil 1530 National Geographic 1630 Estoril Open 1830 A Fé dos Homens 1900 TBA 1950 Zig Zag 2045 Everybody Hates Chris, series 2115 National Geographic 2200 News 2240 Grey's Anatomy, series 2330 Bairro Alto 0030 Noites da Dois 0100 Universidades 0130 Câmara Clara 0240 Euronews 0500 Sociedade Civil
SIC
0600 Sic Notícias 0900 Ligou, Ganhou! 1000 Fátima 1300 News 1415 O Cravo e a Rosa 1530 Contacto 1715 Rebelde Way 1800 Três Irmãs 1900 Nós por Cá 2000 News 2130 Os Malucos do Riso 2215 Não Há Crise 2300 Caminho das Índias 2345 Podia Acabar o Mundo 0045 Criminal Minds, series 0145 CSI New York, series 0230 Quando o Telefone Toca 0430 Entourage, series
TVI
0700 Diário Da Manhã 1015 Você na TV! 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganha 1815 Morangos com Açúcar 2000 News 2130 Flor do Mar 2230 Feitiço de Amor 2315 Olhos nos Olhos 0015 Ballistic, film 0230 Sempre a Somar 0415 TVI Negócios 0430 Law & Order: Special Victims Unit, series 0530 Telesales

Best of the Rest

BBC3
7.00 Doctor Who 7.50 The Real Hustle Las Vegas 8.00 Don't Tell the Bride 9.00 Claire Richards: My Big Fat Wedding 10.00 EastEnders 10.30 Bizarre ER 11.00 Family Guy 11.25 Family Guy 11.45 Claire Richards: My Big Fat Wedding 12.45 Snog, Marry, Avoid? 1.15 Bizarre ER 1.45 Don't Tell the Bride 2.40 Freaky Eaters 3.40 Snog, Marry, Avoid? 4.10 The Real Hustle Las Vegas 4.20 Kirsten's Topless Ambition 5.20 Close
BBC4
7.00 World News Today 7.00 Weather 7.30 Landscape Mysteries 8.00 Inside the Medieval Mind 9.00 Marcus Brigstocke's Trophy People 9.30 I've Never Seen Star Wars 10.00 Mad Men 10.45 Legends: Julie London - The Lady's Not a Vamp 11.45 Flight of the Conchords 12.15 Flight of the Conchords 12.40 Marcus Brigstocke's Trophy People 1.10 Marcus Brigstocke's Trophy People 1.40 Marcus Brigstocke's Trophy People 2.10 Marcus Brigstocke's Trophy People 2.40 Legends: Julie London - The Lady's Not a Vamp 3.40 I've Never Seen Star Wars 4.10 Close
ITV2
1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Ricki Lake 5.15 Judge Judy 6.45 Beat the Star 8.00 Katie & Peter: The Next Chapter Stateside 9.00 Film: Love Actually 15 (2003) 11.40 Film: Basic Instinct 18 (1991) 2.05 Ladette to Lady 3.00 Teleshopping 5.00 ITV2 Nightscreen
Sky1
1.00 Don't Forget the Lyrics US 2.00 Tru Calling 3.00 Cold Case 4.00 Malcolm in the Middle 4.30 It's Me or the Dog USA 5.30 Futurama 6.00 Futurama 6.30 Oops TV 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 The Simpsons 9.00 Night Cops 10.00 Prison Break 11.00 Road Wars 12.00 Road Wars 12.55 Road Wars 1.45 Inside Prisons 2.35 Road Wars 3.00 Stargate SG-1 3.50 Stargate SG-1 4.45 Cruise with Stelios: Caribbean 5.10 Top Design
G.O.L.D
1.20 Last of the Summer Wine 2.00 Last of the Summer Wine 2.40 Bread 3.20 Last of the Summer Wine 4.00 Just Good Friends 4.40 As Time Goes By 5.20 Whatever Happened to the Likely Lads? 6.00 My Family 6.40 Last of the Summer Wine 7.20 Last of the Summer Wine 8.00 Blackadder Exclusive: The Whole Rotten Saga 10.00 Blackadder Goes Forth 10.40 Only Fools and Horses Top 40 Moments 12.40 Only Fools and Horses 1.15 Charlie's Angels 2.10 Charlie's Angels 3.00 Close
TCM
1.05 Promise Her Anything PG (1966) 3.00 Charro PG (1969) 4.50 Anchors Aweigh U (1945) 7.25 Abbott and Costello in Hollywood U (1945) 9.00 Mad Dog and Glory 15 (1993) 11.00 Stardust 15 (1974) 1.10 It! 12 (1967) 3.00 Stardust 15 (1974) 5.00 Soldier in the Rain U (1963)
The Disney Channel
Kids' programmes from 7am, except:

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MOVIES

Sky Movies Drama

6.45 Goya's Ghosts 15 (2006) 8.45 35MM 9.15 The Other Sister 12 (1999) 11.30 American Graffiti PG (1973) With Richard Dreyfuss. 1.30 Broken Bridges PG (2006) With Toby Keith. 3.25 Wolverine Special 3.45 One True Thing 15 (1998) With Renee Zellweger. 6.00 The American President 15 (1995) With Michael Douglas. 8.00 The Other Boleyn Girl 12 (2008) With Natalie Portman. 10.00 Fracture 15 (2007) With Anthony Hopkins. 12.00 Platoon 15 (1986) With Charlie Sheen. 2.15 In Dreams 18 (1999) With Annette Bening. 4.00 Wolverine Special 4.20 Yesterday's Children 12 (2000)

Sky Movies Comedy

6.30 Special Delivery 12 (2008) 8.10 Raising Arizona 12 (1987) 9.50 As Good as It Gets 15 (1997) 12.10 License to Wed 12 (2007) With Robin Williams. 1.45 Over Her Dead Body 12 (2008) With Eva Longoria Parker. 3.25 Mr Woodcock 12 (2007) With Billy Bob Thornton. 4.55 Leave it to Beaver PG (1997) With Janine Turner. 6.25 License to Wed 12 (2007) With Robin Williams. 8.00 Over Her Dead Body 12 (2008) With Eva Longoria Parker. 9.45 Mr Woodcock 12 (2007) With Billy Bob Thornton. 11.15 As Good as It Gets 15 (1997) With Jack Nicholson. 1.40 Raising Arizona 12 (1987) With Nicolas Cage. 3.20 Leave it to Beaver PG (1997) 4.55 Special Delivery 12 (2008)

Sky Movies Action/Thriller

7.05 35MM 7.35 In the Line of Fire 15 (1993) 9.55 A Bridge Too Far PG (1977) 1.00 Die Hard with a Vengeance 15 (1995) With Bruce Willis. 3.20 In the Line of Fire 15 (1993) With Clint Eastwood. 5.40 The Eiger Sanction 15 (1975) With Clint Eastwood. 8.00 Deep Blue Sea 15 (1999) With Samuel L Jackson. 10.00 Sliver 18 (1993) With Sharon Stone. 11.50 Soldier 18 (1998) With Kurt Russell. 1.35 Die Hard with a Vengeance 15 (1995) With Bruce Willis. 3.45 Death Sentence 18 (2007) 5.35 Enemy Within PG (2007)

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

SPORT

Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Football Special 10.30 Soccer AM: The Best Bits 11.30 Big League Weekend 2 1.00 Football Special 2.30 Soccer AM: The Best Bits 3.30 Big League Weekend 2 5.00 Football Special 6.30 Revista De La Liga 7.30 Live Speedway. Scunthorpe Scorpions v Sheffield Tigers. 9.30 360 Series 10.00 Revista De La Liga 11.00 Football Asia 11.30 Speedway 1.30 Revista De La Liga 2.30 Football Asia 3.00 Poker 4.30 Revista De La Liga 5.30 Football Asia

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Adrenaline Adventures 7.00 WWE: Afterburn 8.00 Soccer AM: The Best Bits 9.00 Adrenaline Adventures 9.30 Wild Spirits 10.00 Speedway 12.00 FEI Equestrian World 12.30 Poker 2.30 FEI Equestrian World 3.00 Speedway 5.00 NFL: Total Access 6.00 Adrenaline Adventures 6.30 360 Series 7.00 Mountain Bike World 7.30 Live Greyhound Racing. The Peterborough Puppy Derby. 10.00 Poker 11.30 NFL: Total Access 12.30 Squash 2.30 Pool 3.30 Close

Sky Sports 3

7.00 Cricket 9.00 Poker 11.00 Aerobics Oz Style 11.30 Racing News 12.00 Cricket 2.00 Adrenaline Adventures 2.30 Wild Spirits 3.00 H2O Sports International 3.30 Max Power 4.30 FEI Equestrian World 5.00 WWE: Smackdown 7.00 Pool 8.00 Ocean Race 9.00 Adrenaline Adventures 9.30 Mountain Bike World 10.00 Sports Unlimited 11.00 Ocean Race 12.00 Bass Fishing 1.00 Show Jumping 2.30 Close

British Eurosport

7.30 Table Tennis 8.00 Live Table Tennis. The men's World Championships final. 9.00 UEFA Champions League 10.00 Eurogoals: One to One 10.15 UEFA Champions League 12.00 Live WTA Tennis. The second round of the Internazionali BNL d'Italia in Rome. 5.00 Eurogoals Flash 5.15 Eurogoals 6.00 MotoGP 8.00 World Superbikes 10.00 World Touring Car Championship 10.30 World Series by Renault 11.00 Powerboating 11.30 Inside the Team 12.00 Motorsports Weekend 12.15 WATTS 12.30 Close

Sky Sports Xtra

4.00 Adrenaline Adventures 4.30 Aerobics Oz Style 5.00 Ocean Race 6.00 Aerobics Oz Style 6.30 Airsports World 7.00 Sports Unlimited 8.00 Show Jumping 9.30 Airsports World 10.00 Pool 11.00 Adrenaline Adventures 11.30 Mountain Bike World 12.00 360 Series 12.30 Airsports World 1.00 Adrenaline Adventures 1.30 Mountain Bike World 2.00 360 Series 2.30 Close

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BBC1

6.00 Breakfast. (T) 9.15 Real Rescues. (T) 10.00 Homes Under the Hammer; (R) (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (R) (T) 11.30 Sun, Sea and Bargain Spotting; (T) BBC News; Weather. (T) 12.15 Cash in the Attic. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Big & Small. (R) (T) 3.15 Grandpa in My Pocket. (T) 3.25 CBBC: Arthur. (R) (T) 3.40 Arthur. (R) (T) 3.55 Frankenstein's Cat. (T) 4.05 Paradise Cafe. (T) 4.35 Blue Peter; (T) MyWish. (T) 5.05 Newsround. (T)

5.15 Weakest Link. Anne Robinson piles on the pressure in another round of the general knowledge contest. (T)
6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
6.55 Party Election Broadcast for the European Parliament. By the Conservative Party. (R) (T)
7.00 The One Show. Hour-long edition of the topical magazine show, presented by Adrian Chiles and Christine Bleakley; (T) BBC News; Regional News. (T)
8.00 Waterloo Road. Chlo and Donte continue to wrangle over their unborn baby's future, but as Kim provides a shoulder for the young mum-to-be to cry on, the girl doubles up in pain and has to be rushed to hospital, terrified because her baby is not due for another six weeks. The drama does not end there for Kim, however, when a Home Office official turns up at the school to tell a shocked Eddie and Rachel that the teacher has taken daughter Grace against the father's wishes - painting her as little more than a criminal. (T)
9.00 The Apprentice. The nine aspiring entrepreneurs have high expectations when they are told to pack for an overnight stay, but their hopes of a glamorous trip abroad are dispelled when they are sent to the north of England to test their sales skills. With two innovative products to promote, all the candidates are given their own individual order books and instructed to obtain as many buyers as possible. Nick Hewer and Margaret Mountford are on hand to observe proceedings. (T)
10.00 BBC News. (T)
10.25 Regional News; Weather. (T)
10.35 The National Lottery Draws. Myleene Klass announces the all-important numbers. (T)
10.45 The Street. A demolition man leaves his wife and teenage children at home when he goes away to work, but a sexual encounter with a fellow worker has devastating repercussions. Vincent Regan stars; (R) (T) National Lottery Update. (T)
11.45 FILM: People I Know (2002). Thriller, starring Al Pacino; (T) Weatherview. (T)
1.25 Sign Zone: Alan Whicker's Journey of a Lifetime. (R) (T) 2.25 Sign Zone: Grow Your Own Drugs. (R) (T) 2.55 Sign Zone: Orangutan Diary. (R) (T) 3.55 Sign Zone: Real Rescues. (R) (T) 4.40 BBC News. (T)

Pick of the Day

The Apprentice: You're Fired! (BBC2, 10pm)
We all know that The Apprentice is a silly idea. No self-respecting business executive would really whittle down their shortlist of potential executives by asking them to make soap or flog canapés. But thanks to the increasingly surly Sir Alan Sugar and some magnificent camera work that makes London look like a genuinely clean, vibrant and thriving city, it's utterly compelling viewing. And this companion show isn't bad either, largely thanks to the fact that Adrian Chiles pulls no punches when it comes to grilling the latest hapless contestant to hear the words "You're Fired". As ever, tonight's show sees the fired candidate interrogated by business experts and a studio audience of viewers as they try to justify decisions that sometimes seem truly preposterous in the cold light of day. Will they eat humble pie and admit that they got caught up in the heat of the moment and made some bad calls? Or will they squirm and wriggle like a worm on a hook and try to convince the nation that everybody else is wrong, and that they really are the future of business in Britain?

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 60 Minute Makeover. (T) 2.59 London Weather. (T) 3.00 Dickinson's Real Deal. (T) 4.00 The Biggest Loser. (T)

5.00 Golden Balls. Jasper Carrott hosts the show in which four contestants enter a game of truth and bluff to find life-changing amounts of cash hidden inside a set of golden balls. (T)
6.00 London Tonight; Weather. (T)
6.25 Party Election Broadcast for the European Parliament. By the Conservative Party. (T)
6.30 ITV Evening News; Weather. (T)
7.00 Emmerdale. David's election campaign gathers momentum when Leyla gives a speech at the debate encouraging villagers to support his honest values. Brenda tries to put off potential buyers after assuming Terry's offer of living with him is an act of charity, while Carl and Lexi are left with an unwanted guest when Jimmy moves out of Mill Cottage. (T)
7.30 Coronation Street. Eileen reacts badly to finding Jason relating the Grimshaws' family history to Julie. Peter keeps hold of Ken's letter explaining his departure before Deirdre sees it, Darryl grows insecure about his relationship with Amber and decides to break up with her, and Connie invites Jack to the bingo. (T)
8.00 Midsomer Murders. When a family glassware business collapses following the death of one of its partners, Barnaby investigates allegations of financial irregularities, love triangles and a string of murders. Lapsed Freemason Jones uses his inside knowledge to explore the ceremonial aspects of two killings, but it is Cully's production of Hamlet that gives Tom the key to the mystery. John Nettles, Jason Hughes, Jane Wymark and Laura Howard star. (R) (T)
10.00 News at Ten and Weather. (T)
10.30 London News and Weather. (T)
10.35 Benidorm. Holiday fever takes its toll as Madge seems determined - despite Janice's pleas - to marry a man she has only known for five minutes, while an arm-wrestling match dreamed up by the Oracle and his mum provides a chance to settle old scores. Comedy, with Johnny Vegas, Sheila Reid and Siobhan Finneran. (R) (T)
11.05 FILM: Thirteen (2003). Premiere. Drama, starring Holly Hunter. (T)
12.50 Nightwatch with Steve Scott: Emergency; (R) (T) ITV News Headlines. 1.45 Loose Women. (R) (T) 2.30 The Jeremy Kyle Show. (R) (T) 3.25 ITV Nightscreen.

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies; (R) (T) Doodle Do Making Moments. (R) (T) 7.00 CBBC: Freefonix. (R) (T) 7.25 Newsround. (T) 7.30 Dani's House. (R) (T) 8.00 Scoop. (R) (T) 8.30 CBeebies: Big & Small. (R) (T) 8.40 Bob the Builder: Project Build It. (R) (T) 8.50 3rd & Bird; (R) (T) Mr Tumble Shorts. (R) (T) 9.10 Something Special. (R) (T) 9.30 Boogie Beebies. (R) (T) 9.45 Get Squiggling. (R) (T) 10.00 Nina and the Neurons. (R) (T) 10.15 Charlie and Lola. (R) (T) 10.30 In the Night Garden. (R) (T) 11.00 Wildlife on Two. (R) (T) 11.30 Daily Politics. (T) 1.00 See Hear. (T) 1.30 Working Lunch. (T) 2.00 Living in the Sun. (R) (T) 3.00 Murder, She Wrote. (R) (T) 3.45 Flog It! (R) (T) 4.30 Put Your Money Where Your Mouth Is. (T) 5.15 Cash in the Celebrity Attic. (T) 5.55 Party Election Broadcast for the European Parliament. (T) 6.00 Eggheads. (T) 6.30 Great British Menu. (T) 7.00 Cruickshank on Kew: The Garden That Changed the World. An exploration of the history of London's famous gardens. (R) (T) 8.00 Coast. The team travels between Holyhead and Liverpool. Miranda Krestovnikoff searches for one of the longest-living creatures on the planet, and Nick Crane investigates beach pebbles. (R) (T) 9.00 Snow. Exploring the science behind snow. (T) **10.00 The Apprentice: You're Fired!** Interview with the show's freshly rejected candidate. (T) 10.30 Newsnight; (T) Weather. (T) 11.20 The Wire. (T) 12.15 Mad Men. (T) 1.05 BBC News. (T) 4.00 BBC Learning Zone. (T)

C4

6.00 Inuk. (R) (T) 6.15 The Hoobs. (R) (T) 6.40 Planet Cook. (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Everybody Loves Raymond. (R) (T) 8.30 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 Booze: A Young Person's Guide. (R) (T) 10.20 How TV Changed Britain. (R) (T) 11.10 My Big Gay Prom. (R) (T) 12.00 News at Noon. (T) 12.30 A Place in the Sun: Home or Away. (R) (T) 1.30 Channel 4 Racing from Chester. Including the 2.45 totesport.com Chester Cup (H'cap) (2m 2f 147yds). (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Flatpack Stories. The night shift in Ikea. (T) 8.00 Embarrassing Bodies. Dr James Russell removes the front teeth of a man who likes fizzy drinks. (T) 9.00 Grand Designs. Kevin McCloud meets Julie and Mark Veysey, whose vision is a Miami-style beach house overlooking the south Devon coast. The ambitious venture is to be built on a budget of #200,000. Last in the series. (T) 10.00 Desperate Housewives. Carlos and Gabrielle cover for Lynette and Tom. (T) 11.05 Shameless. (R) (T) 12.10 4Music: Bestival 2008. (R) (T) 1.10 The Millionaire and the Murder Mansion. (R) (T) 2.05 3 Minute Wonder: If This Bed Could Talk. (R) (T) 2.10 FILM: The Spanish Gardener (1956). Drama, starring Dirk Bogarde. (T) 3.55 Drifting. (R) (T) 4.05 Time Team. (R) (T) 5.00 Countdown. (R) (T) 5.45 Making It. (R)

FIVE

6.00 Milkshake!: Miss Spider's Sunny Patch Friends. (R) (T) 6.10 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.25 Fireman Sam. (R) (T) 6.35 Roary the Racing Car. (R) (T) 6.45 Roobarb and Custard Too. (R) (T) 6.55 Peppa Pig. (R) (T) 7.00 Olivia. (R) (T) 7.15 Little Princess. (R) (T) 7.25 The Milky and Shake Show. (R) (T) 7.30 The Mr Men Show. (R) (T) 7.45 Noddy in Toyland. (T) 8.00 Fifi and the Flowertots. (R) (T) 8.15 Peppa Pig. (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Pocoyo. (R) (T) 8.50 Bert and Ernie's Great Adventures. (R) (T) 8.55 Play! (R) (T) 9.00 Rupert Bear. (R) (T) 9.15 The Wright Stuff. (T) 10.45 Trisha Goddard. (T) 11.45 Colin and Justin's How Not to Decorate. (R) (T) 12.30 Animal Rescue Squad. (R) (T) 12.45 Five News. (T) 12.55 Wordplay. (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Wordplay Plus. (T) 3.05 The Family Recipe. (R) (T) 3.15 FILM: Murder 101: College Can Be Murder (2007). Murder mystery sequel, starring Dick Van Dyke. (T) 5.00 Five News with Natasha Kaplinsky; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Zoo Days. (R) (T) 6.55 Party Election Broadcast for the European Parliament. (T) 7.00 Five News at 7. (T) 7.15 Cricket on Five. England v West Indies; (T) 7.15 Five News Update. (T) 8.00 Oil Riggers. The Viking rig moves to its second well; (T) 8.00 Five News at 9. 9.00 Extraordinary People: The Man Who Shared His Liver. A man donates half of his liver to his cancer-stricken mother. (T) 10.00 FILM: Reservoir Dogs (1992). A failed diamond robbery has bloody consequences and the criminals try to establish what went wrong. Thriller, starring Harvey Keitel and Tim Roth. (T) 12.05 Poker. 1.40 NHRA Drag Racing. (R) 2.05 NHRA Drag Racing. 3.30 NHL Ice Hockey. 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

LOCAL

RTP1
0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1415 Chamas da Vida 1500 Sangue do Meu Sangue 1600 Portugal no Coração 1800 Portugal em Directo 1905 O Preço Certo 2000 News 2100 Em Reportagem 2130 A Guerra 2245 Duelo Final 2345 Football Highlights 0030 Film 0230 Prova de Amor 0400 Telesales 0605 Nós

RTP2
0720 Zig Zag 1400 Sociedade Civil 1530 National Geographic 1630 Estoril Open 1830 Fé dos Homens 1900 Biosfera 1950 Zig Zag 2045 Everybody Hates Chris, series 2105 National Geographic 2200 News 2230 24, series 2330 Clube de Jornalistas 0030 Noites da Dois 0100 Universidades 0130 Biosfera 0215 Bastidores 0315 Euronews 0500 Sociedade Civil

SIC
0600 Sic Notícias 0900 Ligou, Ganhou! 1000 Fátima 1300 News 1415 O Cravo e a Rosa 1530 Contacto 1715 Rebelde Way 1800 Três Irmãs 1900 Nós por Cá 2000 News 2130 Os Malucos do Riso 2215 Não Há Crise 2300 Caminho das Índias 2345 Podia Acabar o Mundo 0045 Criminal Minds, series 0145 CSI New York, series 0230 Quando o Telefone Toca 0430 Entourage, series

TVI
0700 Diário Da Manhã 1015 Você na TV! 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganha 1815 Morangos com Açúcar 2000 News 2130 Flor do Mar 2230 Feitiço de Amor 2315 Olhos nos Olhos 0015 Azul Escuro, film 0230 Sempre a Somar 0415 TVI Negócios 0430 Law & Order: Special Victims Unit, series 0530 Telesales

Best of the Rest

BBC3
7.00 Doctor Who 7.45 Doctor Who Confidential 8.00 The World's Strictest Parents 9.00 Film: Kate & Leopold 12 (2001) 10.55 Family Guy 11.20 Family Guy 11.40 Bizarre ER 12.10 Snog, Marry, Avoid? 12.40 Claire Richards: My Big Fat Wedding 1.35 Don't Tell the Bride 2.35 Bizarre ER 3.05 Snog, Marry, Avoid? 3.35 The World's Strictest Parents 4.30 Don't Tell the Bride 5.30 Close

BBC4
7.00 World News Today 7.00 Weather 7.30 Wainwright Walks: Coast to Coast 8.00 Victorian Farm 9.00 Mud, Sweat and Tractors: The Story of Agriculture 10.00 All Our Working Lives: Working the Land 11.00 I've Never Seen Star Wars 11.30 Flight of the Conchords 12.00 Flight of the Conchords 12.25 Pop on Trial 1.55 Batman 2.20 Batman 2.45 Mad Men 3.35 Mad Men 4.20 Close

ITV2
1.00 Airline USA 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Ricki Lake 5.15 Judge Judy 6.45 Beat the Star 8.00 The Chopping Block 9.00 Gossip Girl 10.00 Film: Shaun of the Dead 15 (2004) 12.00 Coronation Street 12.30 Jack Osbourne: Celebrity Adrenaline Junkie 1.30 Teleshopping 4.30 ITV2 Nightscreen

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Sky1
1.00 Don't Forget the Lyrics US 2.00 Tru Calling 3.00 Cold Case 4.00 Malcolm in the Middle 4.30 It's Me or the Dog USA 5.30 Futurama 6.00 Futurama 6.30 Oops TV 7.00 The Simpsons 7.30 The Simpsons 8.00 Celebrity Are You Smarter Than a 10 Year Old? 9.00 UK Border Force 10.00 Film: Die Hard 18 (1988) 12.35 Ross Kemp: Return to Afghanistan 1.35 Fringe 2.40 Road Wars 3.30 Stargate SG-1 4.20 Stargate SG-1 5.10 Top Design

G.O.L.D
1.20 Last of the Summer Wine 2.00 Last of the Summer Wine 2.40 Bread 3.20 Last of the Summer Wine 4.00 Just Good Friends 4.40 As Time Goes By 5.20 Whatever Happened to the Likely Lads? 6.00 My Family 6.40 Last of the Summer Wine 7.20 Last of the Summer Wine 8.00 Only Fools and Horses Top 40 Moments 10.00 Only Fools and Horses 10.40 The Vicar of Dibley Top 40 Moments 12.40 The Vicar of Dibley 1.20 Charlie's Angels 2.10 Charlie's Angels 3.00 Close

TCM
1.05 The Helicopter Spies PG (1967) 3.00 Crossing Delancey PG (1988) 4.55 An American in Paris U (1951) 7.05 The Bramble Bush PG (1960) 9.00 Switchback 15 (1997) 11.15 Caddyshack 15 (1980) 1.10 Switchback 15 (1997) 3.15 Fandango 15 (1984) 5.00 Quo Vadis PG (1951)

The Disney Channel
Kids' programmes from 7am.

MOVIES

Sky Movies Drama

6.00 The End of Eden PG (1996) 7.45 The Capture of the Green River Killer 9.30 Nobody's Fool 15 (1994) 11.30 Crossroads: A Story of Forgiveness PG (2007) With Dean Cain. 1.15 Wolverine Special 1.35 Ride with the Devil 15 (1999) With Tobey Maguire. 4.00 Idlewild 15 (2006) With Andre Benjamin. 6.15 Flashdance 15 (1983) With Jennifer Beals. 8.00 Babel 15 (2006) With Brad Pitt. 10.30 The Grifters 18 (1990) With John Cusack. 12.30 Blue Collar 18 (1978) With Richard Pryor. 2.30 Mortal Thoughts 18 (1991) With Demi Moore. 4.15 Miracle on the 17th Green U (1999)

Sky Movies Comedy

6.35 Stepping Out PG (1991) 8.35 Will You Merry Me? PG (2008) 10.15 The Top 10 Show 10.30 The Nanny Diaries 12 (2007) 12.25 Definitely Maybe 12 (2008) With Ryan Reynolds. 2.25 Housesitter PG (1991) With Steve Martin. 4.10 Patch Adams 12 (1998) With Robin Williams. 6.10 The Nanny Diaries 12 (2007) With Scarlett Johansson. 8.00 Definitely Maybe 12 (2008) With Ryan Reynolds. 10.00 American Pie Presents: Beta House 18 (2007) With John White. 11.35 Housesitter PG (1991) With Steve Martin. 1.20 Patch Adams 12 (1998) With Robin Williams. 3.20 American Pie Presents: Beta House 18 (2007) 4.55 Will You Merry Me? PG (2008)

Sky Movies Action/Thriller

7.20 Letters from Iwo Jima 15 (2006) 9.45 Arlington Road 15 (1999) 11.45 Billion Dollar Brain PG (1967) With Michael Caine. 1.45 Knight Rider 2000 12 (1991) With David Hasselhoff. 3.25 Legionnaire 15 (1998) With Jean-Claude Van Damme. 5.10 Rush Hour 3 12 (2007) With Jackie Chan. 6.50 Knight Rider 2000 12 (1991) With David Hasselhoff. 8.30 The Avengers 12 (1998) With Ralph Fiennes. 10.00 Sudden Death 18 (1995) With Jean-Claude Van Damme. 12.05 Rush Hour 3 12 (2007) With Jackie Chan. 1.50 Delta Force II: The Colombian Connection 18 (1990) With Chuck Norris. 3.50 Legionnaire 15 (1998) 5.35 Billion Dollar Brain PG (1967)

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SPORT

Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Revista De La Liga 10.00 Live Test Cricket. England v West Indies. 7.00 Total Rugby 7.30 European Tour Weekly 8.00 Test Cricket 10.00 Boots 'n' All 11.00 FIFA Futbol Mundial 11.30 European Tour Weekly 12.00 Test Cricket 2.00 FIFA Futbol Mundial 2.30 Boots 'n' All 3.30 Poker 5.00 Boots 'n' All

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Adrenaline Adventures 7.00 WWE Vintage Collection 8.00 Speedway 10.00 Pool 11.00 UEFA Champions League 12.00 UEFA Champions League 1.00 Revista De La Liga 2.00 PGA EuroPro Tour Golf 4.00 UEFA Champions League 5.00 UEFA Champions League 6.00 Boots 'n' All 7.00 Live UEFA Champions League. Chelsea v Barcelona (Kick-off 7.45pm). 10.15 You're on Sky Sports! 11.45 Boots 'n' All 12.45 Transworld Sport 1.45 You're on Sky Sports! 3.15 Close

Sky Sports 3

6.30 Show Jumping 8.00 PGA EuroPro Tour Golf 10.00 Football Asia 10.30 Airsports World 11.00 Aerobics Oz Style 11.30 Racing News 12.00 Show Jumping 1.30 Mountain Bike World 2.00 Adrenaline Adventures 2.30 360 Series 3.00 Pool 4.00 Sports Unlimited 5.00 WWE: Bottom Line 6.00 WWE: Afterburn 7.00 Diving 8.00 Boots 'n' All 9.00 Adrenaline Adventures 9.30 Total Rugby 10.00 Transworld Sport 11.00 NFL: Total Access 12.00 PGA EuroPro Tour Golf 2.00 Close

British Eurosport

7.30 Yoz Magazine 7.45 Motorsports Weekend 8.00 World Series by Renault 8.30 WTA Tennis 10.00 Live UEFA Under-17s Championship Football. Spain v Italy (Kick-off 10.00am). 11.45 Eurogoals: One to One 12.00 Live WTA Tennis. The Internazionali BNL d'Italia. 5.00 Eurogoals Flash 5.15 Live UEFA Under-17s Championship Football. Germany v Turkey (Kick-off 5.15pm). 7.05 Wednesday Selection 7.10 Equestrian 8.10 Riders Club 8.15 US PGA Golf 9.15 European Tour Golf 9.45 Golf Club 9.50 Ocean Race 10.20 Yacht Club 10.35 Olympic Magazine 11.00 UEFA Under-17s Championship Football 12.00 Powerboating 12.30 Close

Sky Sports Xtra

11.30 Ocean Race 12.30 Speedway 2.30 Poker 4.00 Adrenaline Adventures 4.30 Aerobics Oz Style 5.00 NFL: Total Access 6.00 European Tour Weekly 6.30 FIFA Futbol Mundial 7.00 Transworld Sport 8.00 PGA EuroPro Tour Golf 10.00 Watersports World 11.00 Adrenaline Adventures 11.30 Total Rugby 12.00 Diving 1.00 Adrenaline Adventures 1.30 Total Rugby 2.00 Max Power 3.00 Close

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BBC1

6.00 Breakfast. (T) 9.15 Real Rescues. (T) 10.00 Homes Under the Hammer; (R) (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (R) (T) 11.30 Sun, Sea and Bargain Spotting; (T) BBC News; Weather. (T) 12.15 Cash in the Attic. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Big & Small. (R) (T) 3.15 Grandpa in My Pocket. (R) (T) 3.25 CBBC: Arthur. (R) (T) 3.40 Arthur. (R) (T) 3.55 Frankenstein's Cat. (R) (T) 4.05 Ed and Oucho's Excellent Inventions. (R) (T) 4.35 Horrible Histories. (T) 5.05 Newsround. (T)

5.15 Weakest Link. Anne Robinson asks more general knowledge questions against the clock as contestants try to avoid being voted off the team. (R) (T)
6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
6.55 Party Election Broadcast for the European Parliament. By the UK Independence Party. (R) (T)
7.00 The One Show. Adrian Chiles and Christine Bleakley present the live show, with their team of roving reporters uncovering topical stories across the UK. (T)
7.30 EastEnders. Roxy tells Jack he must make a choice between Amy and Ronnie, leaving her distraught sister to consider leaving the Square. Nick blackmails Billy using his knowledge of Jase's murder; (T) BBC News; Regional News. (T)
8.00 My Family. A handsome stranger comes to the rescue when Susan is stranded at an Albanian airport, and the dashing American invites her to join him on his round-the-world adventure. Ben is surprised when a celebrity dentist dedicates a new book to him, and finds out the author is an old friend from college who is actually jealous of the family man's mundane lifestyle. Guest starring John Barrowman and David Haig. (T)
8.30 DIY SOS. Nick Knowles and the team visit Caersws in Wales, where a couple are living in a caravan due to a succession of problems that have prevented them moving into the cottage they bought seven years ago. The experts renovate the kitchen and lounge to create a modern family feel, while retaining the character of the building's heritage. (T)
9.00 Crimewatch on the Streets. In the first of three programmes to be shown throughout the year, Kirsty Young presents an insight into major criminal investigations by the nation's police. Featuring the battle to prevent illegal immigrants making their way into the country, and a look at how British officers are trying to stop suspected paedophiles preying on the street children of Thailand. (T)
10.00 BBC News. (T)
10.25 Regional News; Weather. (T)
10.35 Question Time. (T)
11.35 This Week; (T) Holiday Weather. (T)
12.25 Sign Zone: Panorama. (R) (T) 12.55 Sign Zone: Watchdog. (R) (T) 1.25 Sign Zone: Countryfile. (R) (T) 2.20 Sign Zone: Real Rescues. (R) (T) 3.05 BBC News. (T)

Pick of the Day

Extreme Male Beauty (C4, 10pm)
There was a time when a lot of men just didn't care about their appearance. A bit of aftershave and running a comb through their hair was considered the height of male grooming, but in this celebrity-obsessed modern age, even the average bloke may admit to moisturising to hang on to his good looks. Women have been keenly aware of the pressures to stay young and beautiful for decades, but what about the opposite sex? In the first of a new series, journalist Tim Shaw takes a long, hard look at his physical condition. He's fairly content with what he sees, but nevertheless agrees to ditch his five-pints-a-night, curry-fuelled, zero-exercise lifestyle in favour of a gruelling eight-week diet and exercise plan. Shaw pays particular attention to his chest, where he resorts to increasingly bizarre measures to transform his man boobs into sexy pecs. Whether of course any of it works remains to be seen, but along the way, Shaw meets men who have taken their desire to get buff bodies to the extreme, hearing tales of steroid abuse and surgery. This show will have female viewers muttering "now you know how we feel", while any men tuning in may well get a few surprises.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 60 Minute Makeover. (T) 2.59 London Weather. (T) 3.00 Dickinson's Real Deal. (T) 4.00 The Biggest Loser. (T)

5.00 Golden Balls. Jasper Carrott hosts the show in which four contestants enter a game of truth and bluff to find life-changing amounts of cash hidden inside a set of golden balls before making the final choice of whether to share the jackpot or try to keep it for themselves. (T)
6.00 London Tonight; Weather. (T)
6.25 Party Election Broadcast for the European Parliament. By the UK Independence Party. (T)
6.30 ITV Evening News; Weather. (T)
7.00 Emmerdale. Brenda brings the shop auction to an abrupt halt after finding the money to cover Bob's debts, but creates problems of her own. Pollard enlists Nathan's help to cause a rift between Leyla and David by exploiting her weak spot for money, while Lexi is unsuccessful in her attempt to evict Nicola. (T)
7.30 Countrywise. Paul Heiney continues his exploration of Britain's countryside, discovering how a historic Kent dockyard changed the landscape forever as whole forests were felled for the timber to build warships including HMS Victory. He also tries his hand at more Victorian agricultural methods and introduces another champion of rural traditions. (T)
8.00 The Bill. A man suffering from motor neurone disease is badly beaten in his home and CSE Eddie Olosunje confidently announces that an aggravated burglary has taken place. Stuart suspects the truth may be closer to home, but only when the victim regains consciousness does the real story come out and Eddie has to make up for lost time - and forensic evidence - to nail the culprit. (T)
9.00 Taggart. Lecturer Alastair Matheson is stabbed to death in front of 30 fledgling police officers during a knife demonstration. At first it seems no more than a fatal accident in a training exercise, but when Matt, Robbie and Jackie discover that the weapon was tampered with, they find themselves faced with a murder inquiry in an all too familiar environment. Starring Alex Norton, John Michie and Blythe Duff. (T)
10.00 News at Ten and Weather. (T)
10.30 London News and Weather. (T)
10.35 FILM: Eight Legged Freaks (2002). Premiere. Comedy horror, starring David Arquette. (T)
12.25 Motorsport UK. 1.15 Nightwatch with Steve Scott: Emergency. (R) (T) 2.05 Crossing Jordan; (R) (T) ITV News Headlines. 2.55 Loose Women. (R) (T) 3.40 ITV Nightscreen.

BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies; (R) (T) Doodle Do Making Moments. (R) (T) 7.00 CBBC: Freefonix. (R) (T) 7.25 Newsround. (T) 7.30 Hotel Trubble. (R) (T) 8.00 Prank Patrol. (R) (T) 8.30 CBeebies: Big & Small. (R) (T) 8.40 Bob the Builder. (R) (T) 8.50 3rd & Bird; (R) (T) Mr Tumble Shorts. (R) (T) 9.10 Something Special. (R) (T) 9.30 Boogie Beebies. (R) (T) 9.45 Get Squiggling. (R) (T) 10.00 Nina and the Neurons. (R) (T) 10.15 Charlie and Lola. (R) (T) 10.30 In the Night Garden. (R) (T) 11.00 Schools: The Maths Channel. (T) 11.10 Telling Tales. (T) 11.15 Telling Tales. (T) 11.20 BBC Primary Geography. (T) 11.30 Just So Darwin. (T) 11.45 Watch. (T) 12.00 Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Castle in the Country. (R) (T) 1.30 Car Booty. (R) (T) 2.15 Heir Hunters. (R) (T) 3.00 Murder, She Wrote. (R) (T) 3.45 Flog It! (R) (T) 4.30 Put Your Money Where Your Mouth Is. (T) 5.15 Cash in the Celebrity Attic. (T) 5.55 Party Election Broadcast for the European Parliament. (T) 6.00 Eggheads. (T) 6.30 Great British Menu. (T) 7.00 The Apprentice. The candidates test their sales skills in the north of England. (R) (T) 8.00 Professor Regan's Health Spa. The scientific truth behind the beauty business. Last in the series. (T) 9.00 Keep It in the Family. New series. Reluctant children are encouraged to join the family business. (T) 10.00 The Graham Norton Show. With Duncan Bannatyne and Joan Rivers. An extended edition of the show can be seen on Sunday. (T) 10.30 Newsnight; Weather. (T) 11.20 The Apprentice: You're Fired! (R) (T) 12.00 BBC News. (T) 3.05 Close. 4.00 BBC Learning Zone. (T)

C4

5.50 The Hoobs. (R) (T) 6.15 The Hoobs. (R) (T) 6.40 Planet Cook. (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Everybody Loves Raymond. (R) (T) 8.30 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 How TV Changed Britain. (R) (T) 10.20 How TV Changed Britain. (R) (T) 11.10 My Big Gay Prom. (R) (T) 12.00 News at Noon. (T) 12.30 A Place in the Sun: Home or Away. (R) (T) 1.30 Channel 4 Racing from Chester and Goodwood. Including the 2.45 Virgin Money Chester Vase (1m 4f). (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Flatpack Stories. A 92-year-old widower eases his loneliness. Last in the series. (T) 8.00 Kirstie's Homemade Home. Transforming five bedrooms. (T) 9.00 Madeleine Was Here. Documentary following the family of missing youngster Madeleine McCann. (T) **10.00 Extreme Male Beauty.** New series. The pressure men feel to achieve physical perfection. (T) 11.05 Ramsay's Kitchen Nightmares USA. (R) (T) 12.05 When Women Rule the World. (R) (T) 1.05 Dubplate Drama. (R) (T) 1.35 Born to Be Different: Turning Nine. (R) (T) 2.30 My Other Wheelchair Is a Porsche. (R) (T) 2.45 Unreported World. (R) (T) 3.10 Husk. (R) (T) 3.20 Hill Street Blues. (R) 4.05 Time Team. (R) (T) 5.00 Countdown. (R) (T) 5.45 Making It. (R) 5.50 The Hoobs. (R) (T)

FIVE

6.00 Milkshake!: Miss Spider's Sunny Patch Friends. (R) (T) 6.10 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.25 Fireman Sam. (R) (T) 6.35 Roary the Racing Car. (R) (T) 6.50 Peppa Pig. (R) (T) 7.00 Olivia. (R) (T) 7.15 Little Princess. (R) (T) 7.25 The Milky and Shake Show. (R) (T) 7.30 The Mr Men Show. (R) (T) 7.45 Noddy in Toyland. (T) 8.00 Fifi and the Flowertots. (R) (T) 8.15 Peppa Pig. (T) 8.20 Peppa Pig. (R) (T) 8.30 Thomas & Friends. (R) (T) 8.40 Pocoyo. (R) (T) 8.50 Bert and Ernie's Great Adventures. (R) (T) 8.55 Play! (R) (T) 9.00 Rupert Bear. (R) (T) 9.15 The Wright Stuff. (T) 10.45 Trisha Goddard. (T) 11.45 Colin and Justin's How Not to Decorate. (R) (T) 12.45 Five News. (T) 12.55 Wordplay. (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Wordplay Plus. (T) 3.10 FILM: Mary Higgins Clark's Remember Me (1995). Psychological thriller, starring Kelly McGillis. (T) 5.00 Five News with Natasha Kaplinsky; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Zoo Days. (R) (T) 7.00 Five News at 7. (T) 7.15 Cricket on Five. England v West Indies. Mark Nicholas presents action from the second day of the First Test at Lord's, where the two-match series continued; (T) 7.15 Five News Update. (T) 8.00 I Own Britain's Best Home 2009. Properties in Suffolk, Kent and south London; (T) 8.00 Five News at 9. 9.00 The Mentalist. Patrick tries to expose a fraudulent medium. (T) 10.00 Law & Order: Criminal Intent. A car bomb blast kills three brothers. (R) (T) 11.00 Law & Order: Special Victims Unit. (R) (T) 12.00 Quiz Call. 4.00 NBA Basketball. (R) 4.45 Wildlife SOS. (R) (T) 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

LOCAL

RTP1
0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1415 Chamas da Vida 1500 Sangue do Meu Sangue 1600 Praça da Alegria 1805 O Preço Certo 1900 News 1945 Football 2130 News 2200 Duelo Final 2300 Corredor do Poder 0000 Quarto Crescente 0100 Football Highlights 0130 The Nine, series 0300 Prova de Amor 0445 Telesales 0605 Nós
RTP2
0720 Zig Zag 1400 Sociedade Civil 1530 National Geographic 1630 Estoril Open 1830 A Fé dos Homens 1900 Iniciativa 1945 Zig Zag 2045 Everybody Hates Chris, series 2115 National Geographic 2200 News 2240 Fringe, series 2330 Marie Antoinette 0030 Noites da Dois 0100 Universidades 0130 Iniciativa 0215 Euronews 0500 Sociedade Civil
SIC
0600 Sic Notícias 0900 Ligou, Ganhou! 1000 Fátima 1300 News 1415 O Cravo e a Rosa 1530 Contacto 1715 Rebelde Way 1800 Três Irmãs 1900 Nós por Cá 2000 News 2115 Aqui e Agora 2200 Não Há Crise 2300 Caminho das Índias 2345 Podia Acabar o Mundo 0045 Criminal Minds, series 0145 Cartaz Cultural 0230 Quando o Telefone Toca 0430 Entourage, series
TVI
0700 Diário Da Manhã 1015 Você na TV! 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganha 1815 Morangos com Açúcar 2000 News 2130 Flor do Mar 2230 Feitiço de Amor 2315 Olhos nos Olhos 0015 Dirty Sexy Money, series 0130 The Office, series 0200 Cartaz das Artes 0230 Sempre a Somar 0415 TVI Negócios 0430 Law & Order: Special Victims Unit, series 0530 Telesales

Best of the Rest

BBC3
7.00 Doctor Who 7.45 Doctor Who Confidential 8.00 Don't Tell the Bride 9.00 My Life As an Animal 10.00 EastEnders 10.30 Two Pints of Lager and a Packet of Crisps 11.00 Two Pints: The Love Triangle 11.30 Family Guy 11.55 Family Guy 12.15 My Life As an Animal 1.15 Snog, Marry, Avoid? 1.45 Don't Tell the Bride 2.40 Two Pints of Lager and a Packet of Crisps 3.10 Two Pints: The Love Triangle 3.40 Snog, Marry, Avoid? 4.10 Freaky Eaters 5.10 Close
BBC4
7.00 World News Today 7.00 Weather 7.40 The New Avengers 8.30 Wainwright Walks: Coast to Coast 9.00 Youth Hostelling: The First 100 Years 10.00 A Poet's Guide to Britain 10.30 Blues on Later with Jools Holland 11.30 Flight of the Conchords 12.00 Flight of the Conchords 12.25 Youth Hostelling: The First 100 Years 1.25 A Poet's Guide to Britain 1.55 Wainwright Walks: Coast to Coast 2.25 The New Avengers 3.15 Youth Hostelling: The First 100 Years 4.15 Close
ITV2
1.00 Airline USA 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Ricki Lake 5.15 Judge Judy 6.45 Beat the Star 8.00 American Idol 9.00 Katie & Peter: The Next Chapter Stateside 10.00 The Justin Lee Collins Show 11.00 Supernatural 12.00 American Idol 1.00 The Justin Lee Collins Show 2.00 Entourage 2.30 Entourage 2.55 Teleshopping 5.55 ITV2 Nightscreen
Sky1
1.00 Don't Forget the Lyrics US 2.00 Tru Calling 3.00 Cold Case 4.00 Malcolm in the Middle 4.30 It's Me or the Dog USA 5.30 Futurama 6.00 Futurama 6.30 Oops TV 7.00 The Simpsons 7.30 The Simpsons 8.00 The Real A&E 9.00 Bones 10.00 Bones 11.00 Law & Order 12.00 Road Wars 1.00 Road Wars 1.50 Inside: Supercops 2.40 Ibiza Uncovered 3.35 Stargate SG-1 4.30 Stargate SG-1 5.25 Bite Size Brainiac 5.35 Cruise with Stelios: Caribbean
G.O.L.D
1.20 Last of the Summer Wine 2.00 Last of the Summer Wine 2.40 After You've Gone 3.20 Last of the Summer Wine 4.00 Just Good Friends 4.40 As Time Goes By 5.20 Whatever Happened to the Likely Lads? 6.00 My Family 6.40 Last of the Summer Wine 7.20 Last of the Summer Wine 8.00 The Vicar of Dibley Top 40 Moments 10.00 The Vicar of Dibley 10.40 Blackadder Exclusive: The Whole Rotten Saga 12.40 After You've Gone 1.15 Charlie's Angels 2.10 Charlie's Angels 3.00 Close
TCM
1.05 Adam's Rib U (1949) 3.00 Please Don't Eat the Daisies U (1960) 5.05 The Asphalt Jungle PG (1950) 7.10 Jailhouse Rock PG (1957) 9.00 Money Talks 18 (1997) 11.00 The Butcher's Wife 15 (1991) 1.10 Money Talks 18 (1997) 3.05 So Fine 15 (1981) 5.00 Drum Beat PG (1954)
The Disney Channel
Kids' programmes from 7am, except:

MOVIES

Sky Movies Drama

6.00 Redemption of the Ghost PG (2001) 8.00 The Capture of the Green River Killer 9.45 Candles on Bay Street PG (2006) 11.30 Pride and Prejudice PG (2003) With Kam Heskin. 1.30 A Soldier's Story 15 (1984) With Howard E Rollins Jr. 3.15 August Rush PG (2007) With Freddie Highmore. 5.10 The Thin Red Line 15 (1998) With Sean Penn. 8.00 Becoming Jane PG (2006) With Anne Hathaway. 10.00 Gridiron Gang 12 (2006) With Dwayne Johnson. 12.15 Scarface 18 (1983) With Al Pacino. 3.10 Gridlock'd 18 (1997) 4.50 The Simple Life of Noah Dearborn PG (1999)

Sky Movies Comedy

6.30 Splitting Heirs 15 (1993) 8.00 The Santa Clause 3: The Escape Clause U (2006) 9.35 Blame It on the Bellboy 12 (1992) 11.05 The Top 10 Show 11.20 Blades of Glory 12 (2007) With Will Ferrell. 1.00 School for Scoundrels 12 (2006) With Billy Bob Thornton. 2.45 The Brothers Solomon 15 (2007) With Will Arnett. 4.25 Jonas Brothers Special 4.55 The Santa Clause 3: The Escape Clause U (2006) With Tim Allen. 6.30 Blame It on the Bellboy 12 (1992) With Dudley Moore. 8.00 Blades of Glory 12 (2007) With Will Ferrell. 9.40 School for Scoundrels 12 (2006) With Billy Bob Thornton. 11.25 The Brothers Solomon 15 (2007) With Will Arnett. 1.05 Serial Mom 18 (1994) With Kathleen Turner. 2.45 Splitting Heirs 15 (1993) With Eric Idle. 4.20 Legal Eagles PG (1986)

Sky Movies Action/Thriller

7.25 Charley Varrick 15 (1973) 9.30 Joe Kidd 15 (1972) 11.10 Ocean's Thirteen PG (2007) With George Clooney. 1.25 Flags of Our Fathers 15 (2006) With Ryan Phillippe. 3.45 Plunkett & Macleane 15 (1999) With Robert Carlyle. 5.35 Blood Diamond 15 (2006) With Leonardo DiCaprio. 8.00 Ocean's Thirteen PG (2007) With George Clooney. 10.05 Face 18 (1997) With Robert Carlyle. 12.00 The Usual Suspects 18 (1995) With Gabriel Byrne. 2.00 The Corruptor 18 (1999) With Chow Yun-Fat. 4.05 NYC: Tornado Terror 12 (2008) 5.40 The Top 10 Show

SPORT

Sky Sports 1

6.00 Good Morning Sports Fans 9.00 FIFA Futbol Mundial 9.30 Boots 'n' All 10.30 Live Test Cricket. England v West Indies. 7.00 Premier League World 7.30 Live Football League. The first leg of a League One play-off semi-final. 10.00 Test Cricket 12.00 Premier League World 12.30 Football League 2.00 Test Cricket 4.00 Premier League World 4.30 Football League

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Adrenaline Adventures 7.00 Test Cricket 9.00 Adrenaline Adventures 9.30 Total Rugby 10.00 European Tour Weekly 10.30 Live European Tour Golf. The Italian Open. 12.30 FIFA Futbol Mundial 1.00 Total Rugby 1.30 Boots 'n' All 2.30 FIFA Futbol Mundial 3.00 Total Rugby 3.30 Live European Tour Golf. The Italian Open. 5.30 FIFA Futbol Mundial 6.00 Adrenaline Adventures 6.30 IAAF Athletix Weekly 7.00 Live Premier League Darts. Round 14 from the Cardiff Indoor Arena. 10.00 The Rugby Club 11.30 NFL: Total Access 12.30 Premier League Darts 3.30 Close

Sky Sports 3

7.00 WWE: Experience 8.00 European Tour Weekly 8.30 Diving 9.30 Transworld Sport 10.30 FIFA Futbol Mundial 11.00 Aerobics Oz Style 11.30 Racing News 12.00 Watersports World 1.00 European Tour Golf 3.00 Aerobics Oz Style 3.30 Boots 'n' All 4.30 WWE Vintage Collection 5.30 The Rugby Club 7.00 Live Table Tennis. The Table Tennis Masters. 10.30 WWE: Late Night - Raw 12.30 Extreme Championship Wrestling 1.30 Rugby League 3.30 Golf Night 5.30 Close

British Eurosport

7.30 Powerboating 8.00 UEFA Under-17s Championship Football 9.30 UEFA Cup Football 11.00 WTA Tennis 12.00 Live WTA Tennis. The Internazionali BNL d'Italia quarter-finals. 5.00 Eurogoals Flash 5.15 ATP Tennis 7.00 Cycling 7.30 World Superbikes 9.00 World Touring Car Championship 10.00 Strongest Man 11.00 UEFA Champions League 12.45 Close

Sky Sports Xtra

3.00 Diving 4.00 Adrenaline Adventures 4.30 Aerobics Oz Style 5.00 NFL: Total Access 6.00 Motor Racing 6.30 FIA GT Championship 7.30 Live Rugby League. Whitehaven v Widnes Vikings (Kick-off 7.30pm). 9.30 Golf Night 11.30 Race World 12.30 Table Tennis 4.00 FIA GT Championship 5.00 Close

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

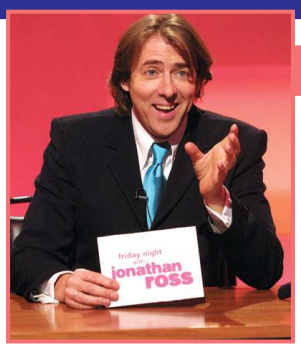
Everything in English

707
500
600

BBC1

6.00 Breakfast. (T) 9.15 Real Rescues. (T) 10.00 Homes Under the Hammer; (R) (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (R) (T) 11.30 Sun, Sea and Bargain Spotting; (T) BBC News; Weather. (T) 12.15 Cash in the Attic. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Big & Small. (R) (T) 3.15 Grandpa in My Pocket. (R) (T) 3.25 CBBC: Arthur. (R) (T) 3.40 Arthur. (R) (T) 3.55 Frankenstein's Cat. (R) (T) 4.05 Animals at Work. (R) (T) 4.35 Trapped. (R) (T) 5.05 Newsround. (T)

5.15 Weakest Link. Anne Robinson hosts the general knowledge quiz in which contestants answer questions as a team, banking the jackpot money and eliminating the poorest players as they go. (T)
6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
6.55 Party Election Broadcast for the European Parliament. By the Liberal Democrats. (R) (T)
7.00 The One Show. Live topical show in which reporters uncover the UK's most fascinating stories. Adrian Chiles and Christine Bleakley present. (T)
7.30 A Question of Sport. With long-distance runner Paula Radcliffe, World Cup-winning cricket captain Charlotte Edwards, West Ham United goalkeeper Robert Green and Grand National-winning jockey Liam Treadwell; (T) BBC News; Regional News. (T)
8.00 EastEnders. Jack races to the airport to find Ronnie and ends up declaring his love for her over the loudspeaker. Nick makes Billy's life harder by charging him interest on the blackmail money. (T)
8.30 Total Wipeout Fast Forward. Richard Hammond and Amanda Byram present another chance to see contestants take on the challenge of the massive obstacle course - only condensed into half an hour. (T)
9.00 Have I Got News for You. Jack Dee asks the questions in this edition of the long-running satirical current affairs quiz. BBC sport presenter Clare Balding is among the panellists. (T)
9.30 Reggie Perrin. Reggie searches for a new focus in life and enjoys teaching at Nicola's school, but when he invites the class to Groomtech, the trip fails to go to plan. Martin Clunes stars. (T)
10.00 BBC News. (T)
10.25 Regional News; Weather. (T)
10.35 Friday Night with Jonathan Ross. Oscar-winning actor Tom Hanks and Loose Women presenters Coleen Nolan, Carol McGiffin and Jane McDonald take their place on the presenter's couch. Rapper Dizzee Rascal performs. (T)
11.35 The National Lottery EuroMillions Draw. OJ Borg presents the draw. (T)
11.40 FILM: High Fidelity (2000). Romantic comedy, starring John Cusack; (T) Weatherview. (T)
1.30 Sign Zone: Yellowstone. (R) (T) 2.30 Sign Zone: Orangutan Diary. (R) (T) 3.30 Sign Zone: Real Rescues. (R) (T) 4.15 BBC News. (T)



Pick of the Day

Friday Night with Jonathan Ross (BBC1, 10.35pm)
When Tom Hanks made The Da Vinci Code in 2006, it came in for a lot of flak from harsh critics. The Dan Brown bestseller on which it was based had shifted countless copies, and by the time the movie was released, many were ready to tear it apart. Everything from the length of Hanks' hair to the slow pacing came in for a good bashing, but Tom held his head up high and retorted by quoting the box office takings. Having grossed more than $758million worldwide, it seems the public didn't give a hoot about what the critics thought, and both Hanks and director Ron Howard thought there was plenty more screen mileage in his character, Robert Langdon. Which brings us to Angel & Demons, another adaptation of the Dan Brown bestseller which is bound to put a few million bums on seats this year. Tom will be dropping into the studio to give that a nice plug. Plus, Coleen Nolan, Carol McGiffin and Jane McDonald talk about ITV1 daytime show Loose Women, and rapper Dizzee Rascal performs his single Bonkers.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 60 Minute Makeover. (T) 2.59 London Weather. (T) 3.00 Dickinson's Real Deal. (T) 4.00 The Biggest Loser. (T)

5.00 Golden Balls. Game show, hosted by Jasper Carrott. (T)
6.00 London Tonight; Weather. (T)
6.25 Party Election Broadcast for the European Parliament. By the Liberal Democrats. (T)
6.30 ITV Evening News; Weather. (T)
7.00 Emmerdale. Nicola discovers she is pregnant, but resolves not to tell Jimmy. Lexi informs Carl she wants to try for a baby, and Brenda decides to grasp her chance of happiness with Terry. (T)
7.30 Coronation Street. Deirdre's reaction to finally learning of Ken's affair surprises Eileen. Jason is shocked to see how old and frail his grandfather is, and Molly suggests changing the garage's name. (T)
8.00 Credit Secrets Revealed: Tonight. Martin Lewis examines the credit scoring system and explains how people can improve their chances of getting the best deals on mobile phone contracts, mortgages and bank accounts. (T)
8.30 Coronation Street. Blanche moves out in protest at Deirdre's response to Ken's actions. Eileen and Julie talk with Colin and Paula, but struggle to forgive their lies, and Tara gives Dev one last chance. (T)
9.00 Boy Meets Girl. Life becomes fraught for Danny as he throws himself into the fashion world and gets to know a new circle of obnoxious friends - and Jay starts coming on strong about resuming a physical relationship. Meanwhile, Fiona and Pete investigate their friend's disappearance and grow suspicious of the glamorous journalist on his trail. Comedy drama, starring Martin Freeman and Rachael Stirling. (T)
10.00 News at Ten and Weather. (T)
10.30 London News and Weather. (T)
10.35 Pushing Daisies. Ned sees his power as both a gift and a curse when he visits the morgue to inspect the body of a car accident victim who specialised in automobile safety. With the police offering a reward to whoever can find the killer, Emerson is keen to find answers. Lee Pace, Anna Friel and Chi McBride star. A first chance to see the second episode of series one, not shown in the original ITV1 transmission line-up. (T)
11.35 FILM: Leaving Las Vegas (1995). Drama, starring Nicolas Cage; (T) ITV News Headlines.
1.25 FILM: The Wiz (1978). Musical based on The Wizard of Oz, starring Diana Ross. (T) 3.40 ITV Nightscreen.

BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies; (R) (T) Doodle Do Making Moments. (R) (T) 7.00 CBBC: Freefonix. (R) (T) 7.25 Newsround. (T) 7.30 Hotel Trubble. (R) (T) 8.00 Prank Patrol. (R) (T) 8.30 CBeebies: Big & Small. (R) (T) 8.40 Bob the Builder: Project Build It. (R) (T) 8.50 3rd & Bird; (R) (T) Mr Tumble Shorts. (R) (T) 9.10 CBeebies: Something Special. (R) (T) 9.30 Boogie Beebies. (R) (T) 9.45 Get Squiggling. (R) (T) 10.00 Nina and the Neurons. (R) (T) 10.15 Charlie and Lola. (R) (T) 10.30 In the Night Garden. (R) (T) 11.00 Schools: Words and Pictures. (T) 11.10 Razzle Dazzle. (T) 11.30 Science Clip Investigations. (T) 11.40 Look and Read. (T) 12.00 Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Castle in the Country. (R) (T) 1.30 Car Booty. (R) (T) 2.15 Heir Hunters. (R) (T) 3.00 Murder, She Wrote. (R) (T) 3.45 Flog It! (R) (T) 4.30 Put Your Money Where Your Mouth Is. (T) 5.15 Cash in the Celebrity Attic. (T) 5.55 Party Election Broadcast for the European Parliament. (T) 6.00 Eggheads. (T) 6.30 Great British Menu. (T) 7.00 The Good Life. Special feature made at the time of the 1978 Royal Variety Performance in the presence of the Queen. (R) (T) 7.30 Mastermind. Subjects include Billie Jean King and Private Eye magazine. (T) 8.00 Gardeners' World. From the Spring Gardening Show in Malvern, Worcestershire. (T) 9.00 English Heritage. The renovations of the garden at Kenilworth Castle in Warwickshire. (T) 10.00 Britain's Best Drives. New series. Richard Wilson follows classic motoring routes. (T) 10.30 Newsnight. (T) 11.00 Newsnight Review; (T) Weather. (T) 11.35 Later with Jools Holland. (T) 12.40 Medium. (R) (T) 1.20 The Wire. (R) (T) 2.20 The Wire. (R) (T) 3.15 The Wire. (R) (T) 4.15 Close.

C4

6.15 The Hoobs. (R) (T) 6.40 Planet Cook. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Everybody Loves Raymond. (R) (T) 8.30 Frasier. (R) (T) 9.30 We Are Together. (R) (T) 11.00 Designers Under Pressure. (R) (T) 11.10 Crip on a Trip. (R) (T) 12.00 News at Noon. (T) 12.30 A Place in the Sun: Home or Away. (R) (T) 1.30 Channel 4 Racing from Chester. Including the 2.15 Addleshaw Goddard Dee Stakes (1m 2 1/ 2f). (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.35 Unreported World. An insight into the growing number of women being murdered in remote regions of Papua New Guinea after being accused of witchcraft and how police are trying to stop the killings. (T) 8.00 A Place in the Sun: Home or Away. A couple choose between Bedfordshire and Portugal's Silver Coast. (T) 9.00 Ramsay's Kitchen Nightmares USA. The chef revisits several restaurants he helped during the series to find out whether the owners took his advice on how to raise standards and turn round the struggling businesses. Last in the series. (T) 10.45 FILM: The Man (2005). Premiere. Comedy, starring Samuel L Jackson and Eugene Levy. (T) 12.25 4Music: Album Chart Show: Maximo Park. (T) 1.00 4Music: JD Set Presents: VV Brown. (T) 1.15 4Music: 4Play: Steve Appleton. (T) 1.30 No Angels. (R) (T) 2.30 What About Brian. (T) 3.15 Hill Street Blues. (R) 4.00 Time Team. (R) 4.55 Countdown. (R) (T) 5.40 Cubeez. (R) (T)

FIVE

6.00 Milkshake!: Miss Spider's Sunny Patch Friends. (R) (T) 6.10 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.25 Fireman Sam. (R) (T) 6.35 Roary the Racing Car. (R) (T) 6.50 Peppa Pig. (R) (T) 7.00 Olivia. (R) (T) 7.15 Little Princess. (R) (T) 7.25 The Milky and Shake Show. (R) (T) 7.30 The Mr Men Show. (R) (T) 7.45 Noddy in Toyland. (T) 8.00 Fifi and the Flowertots. (T) 8.15 Peppa Pig. (T) 8.20 Peppa Pig. (R) (T) 8.30 Thomas & Friends. (R) (T) 8.40 Pocoyo. (R) (T) 8.50 Bert and Ernie's Great Adventures. (R) (T) 8.55 Play! (R) (T) 9.00 Rupert Bear. (R) (T) 9.15 The Wright Stuff. (T) 10.45 Trisha Goddard. (T) 11.45 Colin and Justin's How Not to Decorate. (R) (T) 12.45 Five News. (T) 12.55 Wordplay. (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Wordplay Plus. (T) 3.10 Rosamunde Pilcher's Summer. (T) 5.00 Five News; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Zoo Days. (R) (T) 6.55 Party Election Broadcast for the European Parliament. (R) (T) 7.00 Five News at 7. (T) 7.15 Cricket on Five. England v West Indies. Mark Nicholas presents highlights from the third day of the First Test at Lord's, where the two-match series continued; (T) 7.15 Five News Update. (T) 8.00 Police Interceptors. A police chase ends with a crash; (R) (T) 8.00 Five News at 9. 9.00 NCIS. Part one of two. An agent's funeral leads Shepard on a covert mission. (T) 10.00 Numb3rs. The agents try to save a death row prisoner scheduled for execution. (T) 11.00 Criminal Minds. (R) (T) 12.00 Quiz Call. 4.00 The Gadget Show. (R) (T) 4.45 Wildlife SOS. (R) (T) 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

LOCAL

RTP1
0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1415 Chamas da Vida 1500 Sangue do Meu Sangue 1600 Portugal no Coração 1800 Portugal em Directo 1905 O Preço Certo 2000 News 2100 Antes Pelo Contrário 2115 Pai à Força 2200 Duelo Final 2300 Ilhas Desconhecidas 0015 Film 0215 Prova de Amor 0400 Telesales
RTP2
0720 Zig Zag 1400 Sociedade Civil 1530 National Geographic 1630 Estoril Open 1830 A Fé dos Homens 1900 A Alma e a Gente 1945 Zig Zag 2045 Everybody Hates Chris, series 2115 Grandes Livros 2200 News 2230 Brothers and Sisters, series 2330 Diga Lá Excelência 0015 Bastidores 0100 Palcos 0230 Euronews 0500 Sociedade Civil
SIC
0600 Sic Notícias 0900 Ligou, Ganhou! 1000 Fátima 1300 News 1415 O Cravo e a Rosa 1530 Contacto 1715 Rebelde Way 1800 Três Irmãs 1900 Nós por Cá 2000 News 2130 Tá a Gravar 2300 Caminho das Índias 2345 Podia Acabar o Mundo 0045 Criminal Minds, series 0145 CSI New York, series 0230 Quando o Telefone Toca 0430 Entourage, series
TVI
0700 Diário Da Manhã 1015 Você na TV! 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganha 1815 Morangos com Açúcar 2000 News 2145 Euromillions 2200 Flor do Mar 2245 Feitiço de Amor 2345 Olhos nos Olhos 0030 Final Destination 3, film 0230 Sempre a Somar 0415 TVI Negócios 0430 Law & Order: Special Victims Unit, series 0530 Telesales

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Best of the Rest

BBC3
7.00 Top Gear 8.00 Freaky Eaters 9.00 Claire Richards: My Big Fat Wedding 10.00 EastEnders 10.30 Snog, Marry, Avoid? 11.00 Two Pints of Lager and a Packet of Crisps 11.30 Family Guy 12.15 Bizarre ER 12.45 Claire Richards: My Big Fat Wedding 1.45 Two Pints of Lager and a Packet of Crisps 2.15 Two Pints: The Love Triangle 2.45 Snog, Marry, Avoid? 3.15 Freaky Eaters 4.10 Bizarre ER 4.40 Two Pints: The Love Triangle 5.10 Close 5.15 Close
BBC4
7.00 World News Today 7.00 Weather 7.30 Manon starring Tamara Rojo and Carlos Acosta 9.30 Peter Green: Man of the World 11.00 Mad Men 11.45 Flight of the Conchords 12.15 Flight of the Conchords 12.40 The New Avengers 1.35 Peter Green: Man of the World 3.05 Eric Clapton and Steve Winwood 4.05 Close
ITV2
1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Ricki Lake 5.15 Sally Jessy Raphael 6.00 Judge Judy 7.00 Britain's Got Talent 8.00 Britain's Got More Talent 9.00 American Idol 10.00 Katie & Peter: The Next Chapter Stateside 11.00 Coronation Street 11.30 Coronation Street 12.00 The Justin Lee Collins Show 1.00 American Idol 2.00 Hey Paula! 2.25 Teleshopping 5.25 ITV2 Nightscreen
Sky1
1.00 Don't Forget the Lyrics US 2.00 Tru Calling 3.00 Cold Case 4.00 Malcolm in the Middle 4.30 It's Me or the Dog USA 5.30 Futurama 6.00 Futurama 6.30 Oops TV 7.00 The Simpsons 7.30 The Simpsons 8.00 Guinness World Records Smashed! 9.00 Road Wars 10.00 Film: Die Hard 18 (1988) 12.35 Prison Break 1.35 Road Wars 2.30 Road Wars 3.25 Inside 4.20 Stargate SG-1 5.10 Stargate SG-1
G.O.L.D
1.20 Last of the Summer Wine 2.00 Last of the Summer Wine 2.40 After You've Gone 3.20 Last of the Summer Wine 4.00 Ever Decreasing Circles 4.40 As Time Goes By 5.20 Whatever Happened to the Likely Lads? 6.00 My Family 6.40 Last of the Summer Wine 7.20 Last of the Summer Wine 8.00 Blackadder Exclusive: The Whole Rotten Saga 10.00 Jonathan Creek 11.10 After You've Gone 11.50 The Thin Blue Line 12.30 Bread 1.10 Charlie's Angels 2.10 Charlie's Angels 3.00 Close
TCM
1.05 The Great Bank Robbery U (1969) 3.00 Crooks and Coronets U (1969) 5.00 Arsenic and Old Lace PG (1944) 7.15 Ride the High Country PG (1962) 9.00 Pretty in Pink 15 (1986) 11.00 Superfly 18 (1972) 12.45 Pretty in Pink 15 (1986) 2.40 Going Home 18 (1971) 4.25 The Screening Room 5.00 Auntie Mame U (1958)
The Disney Channel
Kids' programmes from 7am, except: 6.00 Film: The Lizzie McGuire Movie U (2003) Children's adventure, starring Hilary Duff. 10.00 Film: Full Court Miracle U (2003) Sporting drama, starring Richard T Jones.

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MOVIES

Sky Movies Drama

6.30 Alex Zane's Guest List 7.00 The Other Sister 12 (1999) 9.15 The Neighbor 12 (2008) 11.00 Instinct 15 (1999) With Anthony Hopkins. 1.15 Onegin 12 (1999) With Ralph Fiennes. 3.15 The Illusionist PG (2006) With Edward Norton. 5.15 The Movie Geek 5.45 Phenomenon PG (1996) With John Travolta. 8.00 We Are Marshall PG (2006) With Matthew McConaughey. 10.15 Three 15 (2005) With Kelly Brook. 12.00 Body of Evidence 18 (1992) With Madonna. 1.45 Rumble Fish 18 (1983) With Matt Dillon. 3.30 Goya's Ghosts 15 (2006) 5.30 35MM

Sky Movies Comedy

6.20 Family Show 6.50 The Sugarland Express PG (1974) 8.50 What About Bob? PG (1991) 10.35 Music and Lyrics PG (2007) 12.25 Run, Fat Boy, Run 12 (2007) With Simon Pegg. 2.10 Walk Hard: The Dewey Cox Story 15 (2007) With John C Reilly. 3.55 Alex Zane's Guest List 4.25 Blast from the Past 12 (1999) With Brendan Fraser. 6.10 Music and Lyrics PG (2007) With Hugh Grant. 8.00 Run, Fat Boy, Run 12 (2007) With Simon Pegg. 9.45 The Top 10 Show 10.00 Walk Hard: The Dewey Cox Story 15 (2007) With John C Reilly. 11.40 I Now Pronounce You Chuck & Larry 12 (2007) With Adam Sandler. 1.40 Blast from the Past 12 (1999) With Brendan Fraser. 3.25 I Now Pronounce You Chuck & Larry 12 (2007) 5.25 The Sugarland Express PG (1974)

Sky Movies Action/Thriller

6.00 Catch a Fire 12 (2006) 7.50 Daylight 12 (1996) 9.50 Catch a Fire 12 (2006) 11.40 Next 12 (2007) With Nicolas Cage. 1.25 In the Name of the King: A Dungeon Siege Tale 12 (2007) With Jason Statham. 3.35 Daylight 12 (1996) With Sylvester Stallone. 5.35 Red Sonja 15 (1985) With Brigitte Nielsen. 7.15 Next 12 (2007) With Nicolas Cage. 9.00 In the Name of the King: A Dungeon Siege Tale 12 (2007) With Jason Statham. 11.10 Shoot 'Em Up 18 (2007) With Clive Owen. 12.50 Red Sonja 15 (1985) With Brigitte Nielsen. 2.35 McVicar 18 (1980) With Roger Daltrey. 4.40 Enemy Within PG (2007)

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SPORT

Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Football League 10.30 Live Test Cricket. England v West Indies. 7.00 Premier League Preview 7.30 Live Football League. A League Two play-off semi-final first-leg encounter. 10.00 TBA 12.00 Test Cricket 2.00 TBA 4.00 Football League 5.30 Premier League Preview

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Adrenaline Adventures 7.00 Test Cricket 9.00 The Rugby Club 10.30 Live European Tour Golf. The Italian Open. 12.30 Premier League World 1.00 Football League 2.30 IAAF Athletix Weekly 3.00 Premier League World 3.30 Live European Tour Golf. The Italian Open. 5.30 NFL: Total Access 6.30 Off The Bar 7.00 World Sport 7.30 Ocean Race 8.00 Test Cricket 10.00 Premier League Preview 10.30 Off The Bar 11.00 NFL: Total Access 12.00 Premier League Preview 12.30 Football League 2.00 Off The Bar 2.30 Premier League Preview 3.00 Test Cricket 5.00 Off The Bar 5.30 Ocean Race

Sky Sports 3

6.30 WWE: Raw 8.30 UEFA Champions League 9.30 UEFA Champions League 10.30 Table Tennis 2.00 Premier League Darts 5.00 WWE: Raw 7.00 Tight Lines 8.00 Golf Night 10.00 WWE: Late Night - Smackdown 12.00 WWE: Late Night - Bottom Line 1.00 Golf Night 3.00 Ocean Race 3.30 Rugby Union 5.30 World Sport

British Eurosport

7.30 WATTS 7.45 UEFA Champions League 9.30 Eurogoals: One to One 9.45 UEFA Champions League 11.30 WTA Tennis 12.30 Live WTA Tennis. The opening semi-final of the Internazionali BNL d'Italia. 2.15 WTA Tennis 3.00 Live WTA Tennis. The second semi-final of the Internazionali BNL d'Italia. 5.00 WTA Tennis 5.55 Eurogoals Weekend 6.30 Planet Armstrong 6.45 Snooker 7.00 Live Snooker. The World Series final. 10.15 Yoz Magazine 10.30 Poker 11.30 Live Rallying. The Rally Acores. 12.00 Eurogoals Weekend 12.30 Close

Sky Sports Xtra

6.30 Premier League Darts 9.30 Rugby League 11.30 Racing News 12.00 Aerobics Oz Style 12.30 IAAF Athletix Weekly 1.00 European Tour Golf 3.00 FIA GT Championship 4.00 UEFA Champions League 5.00 UEFA Champions League 6.00 Live Rugby Union. Lions v Highlanders (Kick-off 6.10pm). 8.00 UEFA Champions League 9.00 UEFA Champions League 10.00 Tight Lines 11.00 Adrenaline Adventures 11.30 Ocean Race 12.00 Rugby Union 2.00 UEFA Champions League 3.00 UEFA Champions League 4.00 Tight Lines 5.00 Adrenaline Adventures 5.30 IAAF Athletix Weekly

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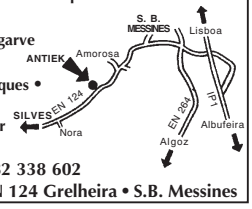

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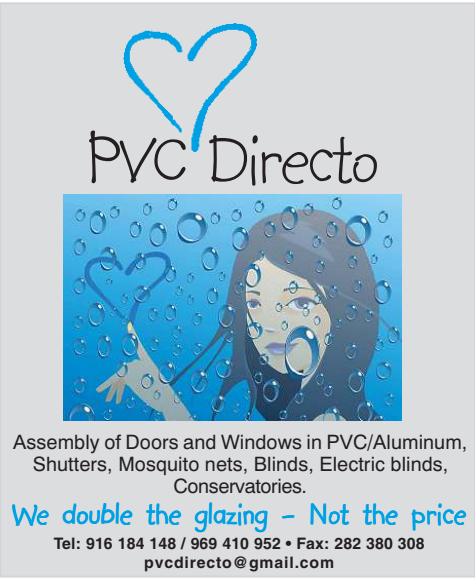

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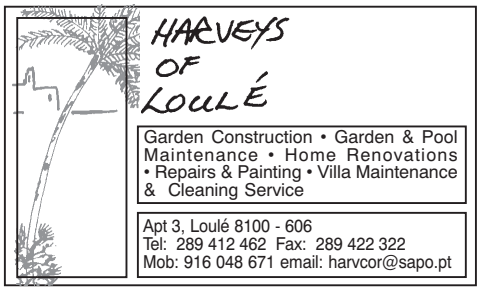

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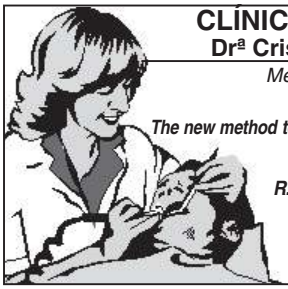

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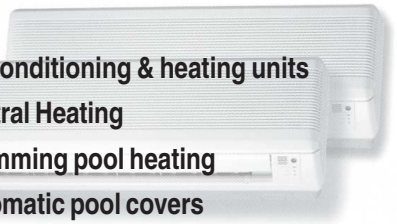

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BAPTIST MISSION - Esgueira (Aveiro) Traditional Baptist church service in English on Sunday at 5pm.Contact: Pastor David Loop Tel 965-363-986.

RIVERSIDE INTERNATIONAL CHURCH Office: Rua São José 178, 1 dto, Fontainhas, 2750-134 Cascais, Phone: 21 483 6590, Fax: 21 483 6592. Church: ABLA (next to Riviera Hotel), Praceta Infante D. Henrique, N° 80, Quinta do Junqueiro, 2775-584 Carcavelos. We are an interdenominational Christ-centered, contemporary, caring & culturally relevant church meeting at ABLA in Carcavelos each Sunday at 9:00am in Portuguese and 11:00am in English. Creche, children and youth ministries provided.

THE DOOR Christian International Church -meets at Cidade Desportiva, Praceta Carlos Capitulo, Loja "B" Massama/Queluz, every Sunday at 10:30am and 7:00pm- all welcome. For more information call Pastor Frank Escobar at 21-467-3386 or Mobile 919 086 683 God Bless!

CHAPEL OF ST. PIUS X: PRIORADO S.PIO X, Estrada de Chelas, 31, 1900 Lisboa. Tel.(21) 814 3591. Latin Tridentine Mass, Lisbon every Sunday at 11am. Rosary before Mass, confessions also available. Monforte (Alentejo) also 2nd & 4th Sundays, 6.30pm. Resident Priest: Ernesto Cardoso

ST GEORGE'S CHURCH, LISBON (Church of England). Rua S.Jorge. Enter through British Cemetery gate opposite Jardim da Estrela. Sunday School. Service 11.30 am every Sunday. Tel. 21 4692303.

ST PAUL'S CHURCH, ESTORIL (Church of England). Av. Bombeiros Voluntários 59 (behind Hotel Sana Estoril). Sunday School. Service 9.30 am every Sunday. Tel. 21.4692303.

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ST. ANDREW'S CHURCH OF SCOTLAND (PRESBYTERIAN) Rua Arriaga, 13, Lisbon: Sun. 11.00. Minister's Tel: 214 837 885, www.standrews lisbon.com.sapo.pt

CASCAIS INTERNATIONAL CHRISTIAN CHURCH Av. de Sintra, Nº 1154, Cascais (Tel: 21 486 1856). Sunday English worship 10.30 Portuguese at 17.30. An international evangelical fellowship, nursery provided, children's church programme, mid-week bible studies.

THE SALVATION ARMY, LISBON Reboleira Corps (Praceta Almada Negreiro, Lote 213 Loja Dt do Exército 11 A); Chelas Corps (Rua Rui de Sousa, Lote 65 A loja C); Laranjeiras Corps (Bairro de Laranjeiras). At all these corps: Morning Service 9.30am Salvation Meeting 5.00pm Picheleira Corp Rua Capitão Roby, Picheleira, Lisbon (21 805708).

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IGREJA BAPTISTA de Queijas (close to Cascais) Rua Carlos Santos 8B, Queijas Near the Olympic Stadium off the A5. Tel: 214 172 087. Sunday Service: English 10:15 / Portuguese 12:00 Prayer and Bible Study:Thursday 8pm Traditional Baptist Service in English followed by Sunday School.

JEHOVAH'S WITNESSES - Public Talk in English. Rua João de Deus, 76. Sintra. (Behind Sintra train station). Sunday 1.30pm. Tel: 214 690 600. No collection. Also Rua da Barroca, 122 (Bairro Alto), Lisbon. Sunday 11am. Tel: 213 421 604. (Chinese: Saturday 3pm) No collection.

The Algarve

CHURCH OF ENGLAND ST. VINCENT'S ANGLICAN CHAPLAINCY Holy Communion every Sunday in our three congregations:11:30am St Luke's, Monte de Palhagueira, Gorjões (Near Sta Barbara). Contact Sandra 289 791 699 & 919055959.9:30am Igreja N Sra de Fátima, EN125 between Quatro Estradas & Almancil. Contact Rosie 289 328 302.8:00am and 12noon Igreja N Sra da Luz, Praia da Luz (near Lagos) with Sunday School. Contact Joyce 282 788 104. More info: www.stvincents algarve.org

ALL SAINTS ANGLICAN CHURCH, ALGARVE – Contemporary, Evangelical worship. Sundays: Holy Communion Service with Crèche and Adventurers.10.30 am Community Centre, Almancil (ASCA – Associção Social e Cultural de Almancil). Service in Lagoa at Lagoa Convent Chapel 6pm. Details from 282 380311 or www.allsaintsalgarve.org. See our website for dates of Services of Holy Communion.

CENTRO CRISTÃO FONTE DE VIDA Pentecostal Church, Sítio do Paul, Estrada do Sargaçal, Sargaçal 8600 Lagos. Apartado 4388601/905. Fridays Youth meeting at 09.00 p.m. Sundays 10.00 a.m. Tel: 282 764 040 Fax: 282 799 518 Website www.fontevida.org

THE EVANGELICAL BAPTIST CHURCH of Lagos. Service 6pm. Urb. Vila Praia da Dona Ana, Lote 11b, Lagos. (Nr. Hotel Golfinho). Information 282 768 088.

THE SALVATION ARMY in São Bras de Alportel will hold on the 1st Sunday of each month an International Worship Service at the Salvation Army Citadel in São Bras at 5pm, Rua 25 de Abril, nº 19 (next to the Market).

CATHOLIC MASS every Sunday partly in English - 11am. at St. Lourenço Church - Almancil - 6.30pm. at Four Seasons Country Club— Quinta do Lago — Almancil. Further information, Griselda Neto on 966168120 or Vítor on vgn@domopor.com).

INTERNATIONAL CHRISTIAN FELLOWSHIP International Christian Fellowship in Portimao. Sundays at 11am. * Sunday School for Children in English & Portuguese* Avda 25 de abril 17 r/c-D, Portimao) *opposite public swimming pool (piscina municipal) *Tel 282 461 985. Website: www.coaa.co.uk/icf.htm.

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CHURCH IN ALJEZUR / VALE DE TELHA. Our mission: Matthew 28:18-20 (An outreach from Church in Lagos) Call Stefan Saunders (Pastor) mobile 963 165 983.

INTERNATIONAL COMMUNITY CHURCH in Lagos invites you to attend its services in English on Sundays at 11.00am. Sunday School for children. 5 Travessa de Santo Amaro, Lagos, Tel. 282-086804 or 282-697546, www.icc-lagos.org.

INTERNATIONAL EVANGELICAL CHURCH OF THE ALGARVE Warmly welcomes residents & visitors of all nationalities and denominations to their Sunday Services in Vale Judeu at 10.30. See our blue sign on the N125 between the Vilamoura entrance & the Atlântico Waterslide Park. Services in English, creche and Sunday School. For further information: 289 328635.

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TAVIRA CHRISTIAN CENTRE Meetings in English, Sundays at 10.30 am at 126 Rua Almirante Candido Reis. Full programme and further details from Jackie 281 322 857, Geoff 969 100 121 or Maria 966 380 404. E-mail: jackieandmo@yahoo.co.uk

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SALVATION ARMY Service Sundays at 10.45am in Portuguese. Bible studies for children, adolescents and adults in Portuguese starting at 9.30 until 10.30. Rua 25 de Abril, nr. 19, São Brás de Alportel

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JEHOVAH'S WITNESSES - Public Talk in English. The New Kingdom Hall of Jehovah's Witnesses, 25 Largo Emgembeiro Sarrea Prado, Portimão (Next door to the University). Saturday 4pm. School Tuesday 7.30pm Tel: 282 485 495. (Chinese: Saturday 4pm) No collection. Also Rua Bartolomeu Dias, Albufeira. (Next to the Junta da Freguesia). Sunday 10.15 am. School Wednesday 7.45pm Tel: 282 442 279. No collection.

Oporto

GREATER GRACE INTERNATIONAL FELLOWSHIP has contemporary Christian gatherings on Sunday afternoons at 3rd Baptist Church, Rua Estacao 133, Porto, & Saturday evenings on the 1st floor at Confeitaria Palacio, Porto(across from the "Emergency" entrance of Hospital Santo Antonio); for meeting times, details and updated schedule visit www.NovaAurora.com, call 220 994 785 or send an SMS to 917 112 736.

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ST. JAMES'S CHURCH, ANGLICAN CHAPLAINCY OF OPORTO. Largo da Maternidade, Júlio Dinis. Sun. 11am Details from Chaplain (22) 609 1006. www.stjamesoporto.org

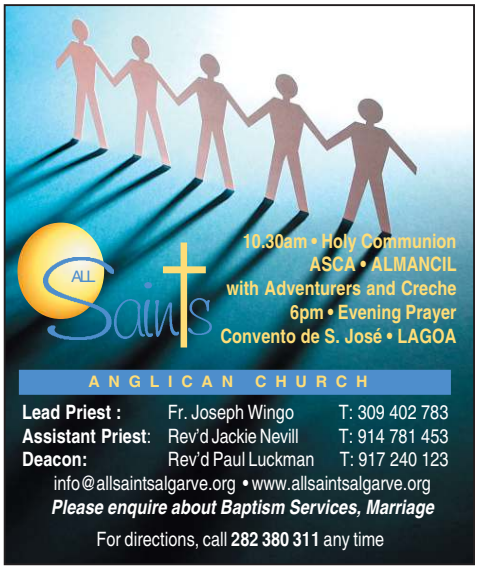
THE SALVATION ARMY OPORTO Pereiro Corps (Av. Vasco da Gama No: 675-2 E Ramalde), Service 10am, Salvation Meeting 5.00pm. Coloras Corps. (Av. dos Bombeiros Voluntá-rios; Tel: 22 929 1077) Sun. 10am. Thurs 4.00pm Ladies Home League Meeting.

JEHOVAH'S WITNESSES - Public Talk in English. Praça Don Afonso V, 168. Sunday 10.30am. Tel: 226 160 976. No collection.

Caldas da Rainha

ANGLICAN EVENING WORSHIP IN ENGLISH. At 6:00pm on the first Sunday of each month, except in August and January. Held in the Evangelical Baptist Church, Rua Dr. José Saudade e Silva 27/29 (between Caldas da Rainha Railway Station and 'Pingo Doce'. All welcome.

JEHOVAH'S WITNESSES - Public Talk in English. Rua Adelino Amaro da Costa, next to CERCIP. 2520 Peniche,Obidos. Sunday 11am (1st & 2nd Sunday of the month). No collection.



sudoku

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. That's all there is to it. There's no maths involved. The grid has numbers, but nothing has to add up to anything else. You solve the puzzle with reasoning and logic. It's fun. It's challenging. It's addictive! Solving time is typically from 10 to 30 minutes, depending on your skill and experience.

			2		3			
	5	4				2	3	
		2		9		7		
3			4		6			9
	4						2	
6			7		2			3
		3		1		4		
	1	8				9	6	
			8		4			

Last weeks solution:

3	2	5	8	1	4	9	6	7
8	6	1	2	9	7	3	4	5
9	7	4	3	5	6	2	8	1
1	8	3	4	7	9	5	2	6
6	4	7	5	8	2	1	3	9
2	5	9	6	3	1	4	7	8
4	1	8	9	6	3	7	5	2
5	9	2	7	4	8	6	1	3
7	3	6	1	2	5	8	9	4

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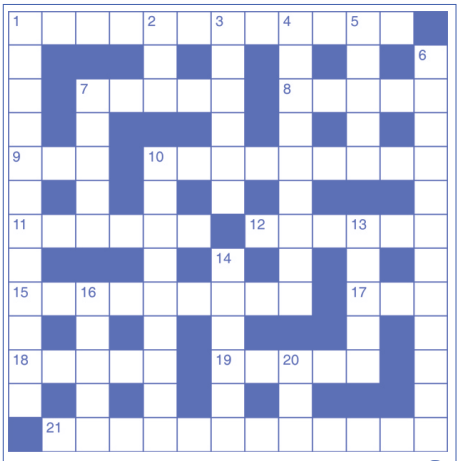
Crossword No. 239



ACROSS
1. Mufti (5,7)
7. Savoury meat jelly (5)
8. Incorporate (5)
9. Choose (3)
10. Aversion (9)
11. Slogan (3-3)
12. A priest (6)
15. Devout (9)
17. Lout (3)
18. Consumed (5)
19. Keep vigil (5)
21. Echoed (12)

DOWN
1. Jailer (6,6)
2. Pinch (3)
3. To place (6)
4. Actors (9)
5. White heron (5)
6. Sports ground (7,5)
7. Change (5)
10. Hauteur (9)
13. Laziness (5)
14. Spider's net (6)
16. Supple (5)
20. Hill (3)

QUICK SOLUTIONS Nº: 238

Across: 4 Predict; 8 Opened; 9 Asinine; 10 Clever; 11 Obtain; 12 Decision; 18 Overcast; 20 Repeal; 21 Sprint; 22 Quality; 23 Cannot; 24 Degrade.

Down: 1 Concede; 2 Defence; 3 Recess; 5 Response; 6 Denote; 7 Candid; 13 Isolated; 14 Valiant; 15 Statute; 16 Reduce; 17 Feeler; 19 Repeat.

He Never Slumbers

Yesterday I learned that the newborn nephew of a friend was born with some breathing difficulties. Only hours after his birth, he was placed in the Neonatal Intensive Care Unit for observation and treatment. Naturally this was and still is a great concern to the baby's parents, grandparents and other extended family. As I told my friend that I would pray for his tiny new nephew, my mind went back over 21 years. Between October 1 and December 11, 1987 our own baby spent two and a half months in the hospital NICU. Born several months premature, her physical difficulties were many. We faced the fear of her not surviving or ever living in our home with us and her two older siblings. Though we were often frightened as the doctors shared their concerns and explained each medical procedure, we found comfort and hope in our relationship with the Lord. Had our prayer lives ever been so strong? Had we ever hungered as deeply for the peace and hope that only God could give?

A week after Charity's birth, I was released from the hospital. She, however, remained in the NICU for over two months. There were days when she seemed to be progressing well and other days when doctors could give us no hope or assurances about her survival. For over two months we rode that emotional roller coaster, trusting that whatever happened, God would give us the strength to endure.

Through those difficult times I found comfort in knowing that our little one was being well cared for. When we finally did get to bring our daughter home on a heart and respiration monitor, I was actually more frightened than relieved. While she remained in the hospital, highly trained professionals were on duty in the NICU night and day. While I managed to get at least some sleep every night, I had the assurance that the nursery was staffed by alert, awake, doctors and nurses who knew how to care for her far better than I. Bringing her home, I had to learn that ultimately God was in charge. He, who had given her life, would determine whether that life would continue here on earth.

Just like I rested in knowing that the hospital staff was watching my baby, we can enjoy the comfort of knowing that our God never slumbers or sleeps. He is never "off duty" or "on vacation." Our cries to Him never fall on deaf ears. God hears our prayers and continually knows our needs.

"I look up to the mountains—does my help come from there?

My help comes from the LORD, who made heaven and earth!

He will not let you stumble; the one who watches over you will not slumber." Psalm 121:1-3

*More information about how to have a relationship with God can be found at *www.rbc.orgpersonal_relationship_with_god.page*

Announcements

LONELY? BORED? Come and join out happy helpers and fund-raisers, 3 to 4 hours a week (or more!)Our charity shops welcome you. Every Euro raised goes to animals rescued from distress. Call Nan Richards at the Donkey Sanctuary in Estômbar for details of our work. Tel: 962 633 811.

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CASA - IS a local social group established over 20 years. We are a friendly group who have a monthly newsletter and have at least one activity per month. These are usually dinners at local venues. We have an annual trip to either Spain or Portugal and various other activities. We are open to everyone. If you would like more information or a sample newsletter why not give Mary a call on 282 357 275.

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Charities

THE ANIMAL charity shop in Montechoro needs volunteers to help in the shop & to transport animals to the vet or abandoned animal's home 'Quintinha dos Animais' at Goldra, which receives part of the shops profits. Any help appreciated. Lesley - mobile 962 414 584.

CAR BOOT Sale held every 3rd Sunday of the month at 'Restaurant Quinta dos Areões', adjacent to the veterinary clinic, in Espiche. Stallholders pay €3. All proceeds to help abandoned animals. Call Michele on 919 457 263 or e-mail me on Happyhounds@mail.telepac.pt for more information.

WANTED: THE donkey sanctuary needs your unwanted furniture, clothes, books and bric-a-brac for our charity shops in Lagoa and Monte Carvoeiro, all proceeds to aid donkeys in distress. We will collect larger items. Call Nan Richardson, mobile 962 633 811, for details of our work for animal welfare. Please help.

TAVIRA TREASURE Charity Shop. Tavira Christian Centre. 126, Rua Almirante Candido Reis, Tavira. Come and browse. Come and bring. Clothing, Bric-a-Brac, Books. Open Wednesdays, 2.30-4.30pm or phone 281 322 857 for further details. Volunteers needed so we can open more frequently.

APAA CHARITY Shops. Cerro Grande, Albufeira open Tuesday to Saturday 10.30am to 2pm. Dunas de Alvor open Tuesday to Sunday 10.30am to 2pm. Good quality clothes, bric-a-brac, books, jigsaws, etc. Stock and new volunteers always welcome. Help us to help stray and abandoned dogs and cats.

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NEW!! ALGARVE SPEED DATING. Come and join us on Friday 8th May in Thai restaurant Royal Orchid in Albufeira. Up to 15 dates per night for only €15 per ticket. 4 minutes per date - enough for the good ones to get your heart racing, not enough for the bad ones to bore you. Two Age groups this evening: 1) Women 21-35, Men 23-38 2) Women 32-50, Men 35-60. Whether you're looking for romance, friendship or a great night out, an Algarve Amor Speed dating venue is the place to be! Tell all your single friends and book your ticket. €15 including first drink. All proceeds will go to run4rod. See various dates on www.algarvespeeddating.com Tel 935 250 645.

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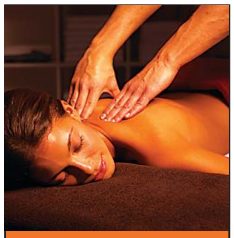

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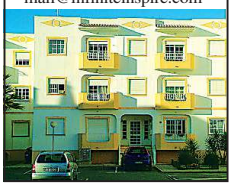

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Two of the 200 Portuguese tourists who arrived at Lisbon Airport on Tuesday morning on a direct flight from Cancun, Mexico. (Photo: Tiago Petinga/Lusa)

Portugal alert and ready

Faced with a global pandemic caused by a new strain of the flu virus believed to have originated at pig-farms in Mexico, health officials in Portugal have appealed to the country's citizens for "calm and trust", assuring them that there is no need for alarm and that Portugal "is prepared" should cases of swine flu be detected in this country.

While at the time of going to press no cases of swine flu had been confirmed in Portugal, two young Portuguese women who recently holidayed in Mexico were being kept in quarantine on suspicion of having swine flu.

A source from the Amadora-Sintra Hospital, where one of the girls was seen by a doctor, played down fears the cases could turn out to be positive and said they were taking the same steps as would be taken in the case of 'normal' flu.

At least two dozen suspected cases, one of them confirmed, have been detected in neighbouring Spain.

On Monday the World Health Organisation (WHO) raised the level of pandemic alert from three to four (sustained human to human transmission), on a scale of one to six, six representing a pandemic of global proportions resulting in widespread infection.

Following initial fears the virus had spread governments around the world drew up contingency plans that have since been implemented, Portugal being no exception.

Earlier this week Francisco George, head of Portugal's National Health Board, assured the nation: "We are on alert, but there is no reason to be alarmed".

He guaranteed that, despite there being no suspect cases at the time in this country, "everything is prepared".

A National Contingency Plan has been activated and a reserve stock of the Tamiflu anti-viral drug, which was purchased during the recent Bird Flu scare, is on hand.

It is being kept on standby in a large warehouse at a secret location.

Should the progression of the situation justify it, more vigilant measures are to be implemented at national airports.

In similarity to what is happening in the UK, the Portuguese Government has also advised against travel to Mexico. Some travel agencies are sending out warning letters to clients who have imminent travel plans to Mexico. So far no flights have been cancelled, though some passengers have decided against travelling to Mexico, which has been a top tourist destination this year amongst Britons, mostly to the detriment of Portugal.

On Tuesday, Portugal's Ministry for Health announced a designated team had been created to accompany the progress of the situation in Europe and in this country.

"Every day briefs will be given", it said in a press release that also appealed to the media to help disseminate updates.

Health Minister Ana Jorge reassured the country that "Portugal has a reserve of specific medication that, should it be needed, will be given to citizens free of charge".

A national 24-hour HealthLine has been given instructions on how to deal with possible cases, and citizens have been urged to call the specially set-up number (808 24 24 24) if they think they could be possible transporters of the killer virus, before leaving their homes.

One of the biggest worries regarding this particular strain of the virus is that, contrary to Bird Flu, which could only be transmitted from birds to humans, this new mutant form of swine flu can be transmitted from person to person, via a cough or a sneeze or even a simple handshake.

Earlier this week, 228 Portuguese arrived from the Riviera Maya and Cancun area of Mexico, where they had been on holiday.

Before disembarking the aircraft, passengers were briefed by a Lisbon airport medical delegate who asked if anyone was experiencing flu-like symptoms and handed out leaflets with official advice on what to do should such symptoms appear in the next 10 days.

All of the passengers were said to be well and no one showed symptoms of the flu.

Nevertheless, Portugal is taking no chances regarding the virus, which has already reached Europe and other parts of the world.

So far two people – a couple who were on honeymoon in Mexico – in the UK and two cases have been confirmed in Spain, where there are more than 30 suspected cases; several of the British couple's friends and family are showing signs of symptoms. UK travel agencies have started cancelling flights to Mexico leaving hundreds of holidaymakers grounded, as well as starting to bring British citizens in Mexico back to the UK.

It is thought that there are around 300 Portuguese nationals in Mexico at this time.

At the time of going to press there were also six confirmed cases in Canada, 11 confirmed and 43 suspected in New Zealand; one confirmed in Israel and one suspected in France.

Fifty cases were confirmed in the U.S. including 28 at one New York school. The U.S. has since confirmed cases in New York, California, Texas, Kansas and Ohio and several schools have been closed.

In Mexico, where the new strain of flu is believed to have originated, 150 people have died from the virus and more than 1,600 people are thought to be infected with it.

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